



*Transitions@LifeWorks* is designed to provide quality academic, career, and emotional support to young adults with **Asperger's Syndrome and Nonverbal Learning Disorders** in a safe, thoughtfully prepared, and positive environment.

The following are the three levels of services provided by *Transitions@LifeWorks*:

### **Service Level I: Personal Life Skills**

#### **Social Skills**

- engage in reciprocal conversation
- understand the unwritten rules of communication
- maintain self-awareness
- build relationship skills
- learn self control
- work cooperatively
- discover empathy for others

#### **Academic Skills:**

- discover learning style
- manage test anxiety and avoid procrastination
- organize academic materials
- work closely with the colleges' Disability Resource Departments
- select and register for classes
- maintain class attendance
- benefit from tutoring services

#### **Financial Skills:**

- procure proper identification
- manage money and develop financial planning
- manage credit and bill payments
- balance a check book

#### **Self-regulation Skills:**

- establish a regular schedule
- set an adequate sleep schedule
- choose and prepare healthy foods
- maintain good physical exercise
- identify and communicate personal feelings
- regulate emotions
- perform hygienic maintenance

#### **Vocational Skills:**

- determine occupational aptitude
- create a resume
- prepare for interviews
- manage stressors
- deal with employers and co-workers

#### **Personal Space Skills:**

- set up your system in your living space
- perform chores for yourself, family, and pets
- maintain an organized environment

## **Service Level II: Individual Case Management**

### **Personal Case Management:**

biweekly individual counseling sessions with client  
monthly family counseling sessions  
provide therapy and parent education  
family management

### **Occupational Case Management:**

work with the CA Department of Rehabilitation  
work with local employment agencies and resources  
secure and monitor employment opportunities

### **Academic Case Management:**

liaison between the client and Disability Resources  
navigate the opportunities at SRJC  
coordinate class selections and schedules  
communicate with instructors  
acquire proper accommodations  
provide tutoring assistance  
arrange time with a peer mentor

## **Service Level III: Life Development**

### **Personal Development:**

weekly individual counseling sessions with client  
biweekly family counseling sessions  
provide therapy and parent education

### **Academic Development:**

weekly check-ins to discuss school/work progress  
directly assist client with disability and educational services  
advocate for the client to procure school accommodations based on the Americans with Disabilities Act

### **Occupational Development:**

facilitate vocational aptitude testing & review results  
build a resume and gather references for employment  
role play to facilitate preparation for interview  
provide an internship program that assists clients to work with the CA Department of Rehabilitation and local businesses  
advocate for the client to procure workplace accommodations based on the Americans with Disabilities Act

Please contact the [Transitions@LifeWorks](mailto:Transitions@LifeWorks) Program Director  
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