



Middletown City Schools

Parent Mentor Program

March 2010

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Mark Your Calendars: MHS Transition Forums



The final two transition forum meetings for families will be held on Tuesday, March 16th and April 20th in the Media Center at MHS. Since we were "snowed out" in February, we will cover February's topic at the March meeting. The topic, *Your Life: Ready, Set, Go* is a fun way to look at skill development. It will help identify your teenager's skill levels in regards to learning, working and living. Families will leave with a FREE game packet/ skill list that can be used yearly to track progress.

For April, we will talk about job skills and job support to get your teenager ready for those summer-time opportunities. Don't forget that a summertime job is a great way to gain some experience and build your resume for the future. It also gives you a chance to "try out" different types of work to see what you are interested in.

March 16: Your Life: Ready, Set, Go
FREE individual skill assessment for your child

April 20: Getting and Keeping a Job: What You Need to Know

Light refreshments will be served. Please call the Parent Mentor Office (420-4620) for more information.



Questions to Answer Before The Yellow Bus Quits Coming

What's your plan for your child when the bus quits coming? School has been a part of their lives for 12 years or more so be prepared for the changes that lie ahead. Make sure you can answer these questions before they leave school!

- How will your young adult spend his/her time? Job? College or further training? Day program?
- Where will they live? What kind of help will they need?
- What type of transportation will they need to get around town?
- How will they meet their medical needs?
- How will they keep or build friends and have an active social life once school is over?
- What will they do for fun (leisure time activities)?
- What type of agencies can help? How do I contact them?

Are You Ready to Work?

Employability skills are those basic skills necessary for getting, keeping, and doing well on a job. These are the skills, attitudes and actions that enable workers to get along with their fellow workers and supervisors and to make sound, critical decisions. Employability skills can be broken down into 3 areas: academic, higher order thinking skills and personal skills. Below are some of the skills involved in each of these categories:

Basic Academic Skills	Higher Order Thinking Skills	Personal Qualities	
<ul style="list-style-type: none"> ▪ Reading ▪ Writing ▪ Science ▪ Math ▪ Oral Communication ▪ Listening 	<ul style="list-style-type: none"> ▪ Learning ▪ Reasoning ▪ Thinking Creatively ▪ Decisions Making ▪ Problem Solving 	<ul style="list-style-type: none"> ▪ Responsible ▪ Self Confidence ▪ Self Control ▪ Social Skills ▪ Honest ▪ Have Integrity ▪ Adaptable & Flexible ▪ Cooperative ▪ Self Management 	<ul style="list-style-type: none"> ▪ Team spirit ▪ Punctual & Efficient ▪ Self-directed ▪ Good work attitude ▪ Well groomed ▪ Self Motivated



Employability skills are teachable skills and may be taught in multiple settings: school, employment and home. Goals can be written into the IEP (Individualized Education Plan) and parents can provide home opportunities to practice skills as well. Here are some suggestions for home:

Use "talk about" time! We can identify and talk about the jobs we see in the community and what skills are needed to start doing that type of work ("Wonder if they need to go to college for this job?" "Do you think you would like this type of work?"). We can talk about our own job and its struggles/successes. We can talk about service (friendly vs. unfriendly, competence, etc.), job quality (from clothes they wear, food they eat, products they buy, services they receive, etc.), job and money (how much we earn determines our quality of life, where we eat, live, shop), etc. When we use the world and our environment to talk about employment, it makes it real and happening now for our child.

Use opportunities to practice skills such as:

- Let your child get ready for school (set the alarm, fix breakfast, catch bus) without your help and reminders if possible.
- Assign home chores and time deadlines. Let them independently manage their time to complete the job. If the job is not done correctly, give feedback and have them redo it.
- Set curfews and expectations and hold them to it. This is time management and responsibility at its best! Just as they may want to stay out later at night there will also be times when they don't want to go to work. Learning that sometimes we do things because we have to do them, not because we want to do them is a hard lesson. Managing our behavior to meet time deadlines when we may not like the task is just as difficult.
- Help your child identify volunteer opportunities in your neighborhood (shoveling snow, mowing grass etc.) church (door greeter, nursery, etc.) or community (food pantry, help at events, etc.).

