



Transition Newsletter

Jan 2024

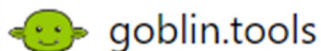


New Year, New Goals, New You!

With the new year, comes setting new goals, it can be hard to accomplish them but not if you think **SMART!**

Smart Goals

RESOURCE TO CONSIDER



Goblin.Tools is a collection of small, simple, single-task tools. Some of the tools available are:

- **Magic ToDo** helps you develop steps needed to accomplish your tasks in simple steps.
- **Chef** will do its best to suggest a dish that you can make after typing in the ingredients you have available.
- **Formalizer** takes your text and rephrases it in various ways.

One can access these tools online for FREE. Apps are also available to download but for a small cost.

www.goblin.tools/

This is informational only. DHS is neither supporting or endorsing the resource. Please determine for yourself if you wish to use it and proceed accordingly.



Start thinking about something you want to achieve in 2024... maybe it's something you want to improve on or learn new, maybe you want to focus on your mental or physical health, it can be whatever YOU want!

S	SPECIFIC: Answers the who, what, where and when of the goal.	
M	MEASURABLE: Creating milestones within your SMART goal to track progress.	
A	ATTAINABLE: Determine if the goal is realistic or just a dream.	
R	RELEVANT: Consider whether this is worth your time and relevant to your life.	
T	TIME-BOUND: It must have a timeline and a deadline.	

Why use SMART goals?

They help make sure that you **WILL** achieve a goal, and in a sensible timeframe.

They help make sure you **CAN** measure your successes, which will make it easier to tell people what you've done.

The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals!

contact me

Name:

Phone:

Email:

DHS.SD.GOV



New Year's Goal:

I want to buy a smart watch!



SPECIFIC:

Who, what, where, when, and/or why should be answered when setting a goal.

S___ Goal — I want to buy a watch that can measure my steps so to help me become more physically active with my own money.

MEASURABLE:

How will you show that are making progress?

SM___ Goal—I need to save around \$450 to purchase the watch.

ATTAINABLE:

Don't forget, you have school, homework, and other responsibilities so might get stressed out if you work too much. You also might want to go out with friends and stress yourself out if you say you won't spend any of your paycheck until you buy the watch. By making goals possible, you won't burn out trying to reach it!

SMA__ Goal—I will work hard at my Project Skills job and save at least 50% of my paychecks over the next 4 months.

RELEVANT:

Do you believe that this goal can be accomplished? How does this help you accomplish other goals you have?

SMART_ Goal—I want to get into better shape and the watch will help me keep track with setting daily step goals and motivate me to get more active.

TIME-BOUND:

When will you accomplish your goal?

SMART Goal—I will have saved the money I need by working my Project Skills job so I can purchase my smart watch in 4 months!

It's important to believe in the goals you set for yourself so you will work hard and keep a positive attitude towards making progress. We can't always control what happens so may need to make adjustments as needed for the best chance of success!





What is Project SEARCH?

Project SEARCH is a unique business-led transition program for students with disabilities. Students who want to work have the chance to explore careers and develop transferable job skills. The goal of the Project SEARCH program is competitive employment for each intern.

Who can apply?

- Students between 18 and 21 who are still receiving IEP services from high school.
- Students receiving services through Vocational Rehabilitation.
- Students wanting community employment after the program.

What can I expect if selected?

Project SEARCH follows a traditional school year which starts in August and ends in May. Each day starts in a classroom to learn life and employment skills before going to a chosen internship. Interns have the opportunity to participate in three different internships throughout the year.

How can I learn more about Project SEARCH?

Contact the program nearest you to schedule a tour so you can see if it's a good match!

SDSU in Brookings—605.688.4407

Monument Health in Rapid City—605.394.5120

Dow Rummel in Sioux Falls—605.359.8261

Avera McKennan in Sioux Falls—605.322.5071

Hear from Project SEARCH alumni, Berkley, about her experience!

Berkley participated in two different Project Skills jobs prior to applying and being accepted for Project SEARCH. Project Skills gave her the opportunity to learn a variety of tasks as an office assistant and helped to increase customer service skills. After determining these jobs were areas of interest, she chose her first SEARCH internship to perform customer service/guest service duties at the hospital's front informational desk. Her new duties include directing visitors to their destinations within the hospital, answering phone calls to transfer them to requested department, and other like duties. She is typically the first person that visitors encounter so the job requires excellent customer service skills. She was so successful at this internship that she was hired on by the hospital! Berkley continues to work full-time a year later earning a good wage and benefits.



Here is Berkley's advice for students attending Project SEARCH...

"Listen to the rules of the hospital and make sure you follow them. [Following this advice], I got my job with guest services the first rotation!"

Learn more about Project SEARCH at bit.ly/Employment-SDStudentswithDisabilities