



# Transition Newsletter

Nov 2024

You're off to Great Places!  
Today is your day!  
Your mountain is waiting,  
So...get on your way!  
-Dr. Seuss



## RESOURCE HIGHLIGHT



**I'm Determined!** will give you different opportunities to practice skills associated with self-determined behaviors. The website has great information to help you undertake a measure of control in your life, help set and steer the course rather than being a silent passenger on your transition journey.

The website has a variety of resources available to use, for free, to help you transition into employment, independent living, post-secondary schooling, by showing you how to increase your self-advocacy skills.

For more information, check out their website at: [imdetermined.org/youth/](http://imdetermined.org/youth/)

*This is informational only. DHS is neither supporting nor endorsing this website. Please determine for yourself if you wish to use it and proceed accordingly.*

## Self-Advocacy 101

### What is Self-Advocacy?

Self-advocacy is “the process by which a person controls their own life”. In other words, it’s a way for YOU to communicate YOUR needs so you can thrive in any environment you encounter.

Students that learn how to be a good self-advocate are more likely to do well in school, work, and life in general!

In the past, you probably have relied on your parents or other adults to make many of the decisions that have been made but it’s now time for you to become more vocal about what YOU want and need.

### Self-Advocacy Tips

- ◆ Be an active participant in meetings that involve you!
  - ◇ Listen to what is being discussed
  - ◇ Ask questions when you don’t understand
  - ◇ Take notes so you can remind yourself later what was discussed
  - ◇ Share your past successes
  - ◇ Understand your disability and communicate how you learn best
- ◆ Clearly express what your needs are
  - ◇ What supports have you found helpful?
  - ◇ What supports haven’t been helpful?
- ◆ Set realistic goals for what you want to achieve
  - ◇ What do you want to improve on?
  - ◇ What do you want to learn?
  - ◇ What do you want to be doing in five years?
  - ◇ Where do you want to be living in five years?
- ◆ Get enough information to make informed choices
  - ◇ Do you know what community resources are available to support you?
  - ◇ Who can help you accomplish your goals?
- ◆ Seek advice from a trusted family member or adult
  - ◇ Do you know when to ask for help?
  - ◇ Do you know how to ask for help?



### What happens after high school?

Services available to you after high school are based on eligibility. Now is the time to understand what you need and how to vocalize those needs in a way that will benefit you.

Whether you decide to go onto college or straight into work, you will have to seek out the community resources to get supports. As your VR counselor, I can help you learn more about those resources and explain what you would need to share with them to access their services.

Self-Advocacy:  
Know Yourself,  
Know What You  
Need, Know How  
to Get It



contact me



Name:

Phone:

Email:

DHS.SD.GOV



## What can we control?

As teenagers, sometimes we think we don't have much control over our lives but we have more control than we think:

- We control how we show up for the day – are we ready to learn and listen?
- We control how much effort are we going to put in to assignments and even chores at home.
- We control how we interact with teacher, parents, and our classmates.
- We cannot control what other people do or say but we CAN control our reactions.
- We have control over our boundaries.
- We control our willingness to try new things.
- We control how honest and open we are going to be with others.
- We control how good of a friend we are going to be.

Independence is about having the freedom and ability to make your own decisions, take action based on your personal values, and live your life in a way that reflects who you are. It involves taking responsibility for your actions, managing your life affairs, and making decisions without undue influence from others.



[bit.ly/thingsicancontrolyoutube](https://bit.ly/thingsicancontrolyoutube)



### FREE COLLEGE APPLICATION PERIOD OCTOBER 1 - NOVEMBER 30, 2024

Students may apply to SD's public technical colleges and universities free of charge for two months each fall. During the free application period, you are encouraged to explore and apply to any of the public technical colleges and universities in South Dakota.

[ourdakotadreams.com/exploring-colleges/free-college-application-period](https://ourdakotadreams.com/exploring-colleges/free-college-application-period)



# YOUTH LEADERSHIP FORUM

Applications are due **December 20, 2024** — [tslp.org/events](https://tslp.org/events)

## What is YLF?

Youth Leadership Forum (YLF) is a five-day leadership training and career awareness program for high school students with disabilities. It provides training in leadership, self-advocacy skills and career awareness. About 45 students throughout South Dakota are selected each year.

## How much does it cost?

Nothing! All costs, including transportation and food, are paid for through public funding and private donations.

## When and where is YLF?

June 8-12, 2025 at Northern State University in Aberdeen SD. Selected students will stay in the dorms at NSU with security and 24-hour nursing care available!

## What does a typical day look like?

Starts with breakfast at 8am in the college cafe. Large group presentations, hands-on activities, educational games, & small group activities fill the day. Every evening a special event is planned like a picnic, dance, park activity, etc.!

## Who can apply?

Any youth with a disability wanting to learn from others about their own and others' disabilities, learn how to analyze your strengths and weaknesses, learn about different leadership styles and disability laws, how to influence others, and much more!



I never knew what the [disability] meant on my IEP, because of an activity at YLF, I understand more about my diagnosis and how it impacts me. I can now advocate more for myself to voice my needs moving forward!

Thank you for giving (my child) the opportunity to attend YLF... It was a really good experience for her to be surrounded by a positive group of her peers and to interact with all of you and feel supported and involved. What a wonderful program!

I'm so glad that I came because it gave me the opportunity to meet others in similar situations and I no longer feel alone and better understand what I need to do to be successful!



**APPLY TODAY AT: [TSLP.ORG/EVENTS](https://tslp.org/events)**