



Transition Newsletter

July 2026



Summer Independence Challenge

Summer is the perfect time to practice skills that will help you prepare for life after high school. Choose one or more activities below and challenge yourself to try something new this month!

RESOURCE TO CONSIDER



Pathful is a career exploration platform that helps students discover careers, learn about different jobs, and prepare for life after high school. Students can explore career options through virtual job shadow experiences, career videos, assessments, and real-world workplace connections.

Pathful helps you learn about interests, strengths, and possible career paths while building confidence in making decisions about the future. You can explore what different jobs are like, discover education and training options, and begin thinking about the steps needed to reach their goals. Contact me to get your own account!

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

Independence Activities

- Make your own breakfast, lunch, or dinner.
- Do a load of laundry from start to finish.
- Create a daily schedule and follow it for one week.
- Clean and organize your bedroom or personal space.
- Learn how to use a calendar or planner to track appointments and activities.

Money Skills Activities

- Create a budget for a summer activity or purchase.
- Compare prices for three items at a store or online.
- Practice paying for an item and checking your change.
- Save money toward a personal goal.

Career Exploration Activities

- Research a career that interests you.
- Create a list of your strengths and talents.
- Volunteer for a community project or event.
- Learn about three jobs that match your interests.
- Interview a family member, friend, or neighbor about their job.

Self-Advocacy Activities

- Introduce yourself to someone new.
- Practice describing your strengths.
- Explain an accommodation or support that helps you succeed.
- Set one goal for the month and share it with someone you trust.

Community Activities

- Visit your local library.
- Plan a trip to a community location and identify how you would get there.
- Order your own meal at a restaurant.
- Participate in a community event, sports activity, or club.
- Find one community resource that could help you in the future.

July Challenge

Complete at least **5 activities** from this newsletter by the end of the month. Check off each activity as you complete it and celebrate your progress

Remember: Every skill you practice today helps prepare you for success tomorrow!



contact me



Name:

Phone:

Email:

DHS.SD.GOV



Celebrate the ADA: Building Self-Advocacy Skills

July is a special month for the disability community because we celebrate the **Americans with Disabilities Act (ADA)**. The ADA became law on July 26, 1990, and helped create more opportunities and protections for people with disabilities.

The ADA supports the idea that people with disabilities should have equal access to education, employment, transportation, public spaces, and community activities. It also reminds us that everyone has strengths, talents, and important contributions to share.

Because of the ADA, many changes have been made to help create a more accessible world, such as ramps and accessible buildings, workplace accommodations, communication supports, and greater awareness of disability rights.

The ADA is also about self-advocacy—knowing your rights, sharing what you need, and being part of decisions about your own future.

This month, take time to celebrate your strengths, learn about your rights, and remember: **YOUR VOICE MATTERS, YOUR GOALS MATTER, AND YOU HAVE A PLACE IN YOUR COMMUNITY.**



Here are some ways to practice self-advocacy this summer:

Know yourself

Take time to think about your interests, strengths, and things you want to improve. Knowing yourself helps you make choices about your future.

Share your goals

Practice telling others what you want to learn, try, or accomplish. Your goals are important, and your voice should be included in planning for your future.

Ask for what you need

Everyone needs support sometimes. Learning how to explain what helps you be successful is an important life skill.

Make decisions

Look for opportunities to make choices—big or small. Choosing your activities, planning your time, and solving problems helps build independence.

Remember: **Your future belongs to you.** The skills you practice today can help you become more confident, independent, and prepared for tomorrow.

