

# WELCOME TO CONNECTIONS



4J Transition Program

# Connections is a part time post high school 4J transition service.

- Students vary depending on their needs. Students can access 1-28 hours per week of service.
- In addition to Connections, students may independently be involved with work experience, Youth Transition Program, paid employment, LCC Classes, and/or community programs



# WHO IS ELIGIBLE FOR CONNECTIONS?

- Have Graduated High School on a Modified Diploma, GED, or are planning to complete GED / High School
- Be eligible for an IEP With Transition Goals and Activities
- Be Between 18 and 21 Years Old



# Connections Staff

- **Anders Pettersson: Teacher**
- **Jasmin Quitta-Vetro: Teacher**
- **Lori Arnold: Transition Specialist**
- **Kimberlee Pelster: Administration**
- **Connections/Transition EA's: Amy Caprile, Heather Williams, Morgan Raikes-Bennett, Wayne Wilson**

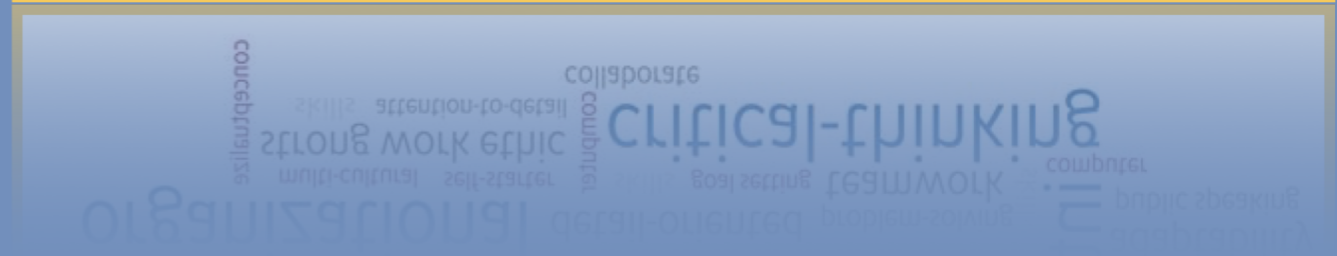


# Your High School Transition Staff will continue to work with you to achieve vocational goals.

- \* Johnna Shotridge: Transition Specialist North Eugene High School
- \* Joshua Gramley: Transition Specialist South Eugene High School
- \* Marcus Stevens: Transition Specialist Churchill High School
- \* Curtis Johnson: Transition Specialist Sheldon and ECCO High Schools

# YOU DECIDE!

- Connections is Different From High School. You Decide Your Course of Study.
- Connections serves students from all over 4J based on their individual needs and goals!
- Students are most successful when they choose meaningful activities and follow through with their plan.



# Connections Targets The Following Skill Areas:

## Vocational

- Application, Resume, Interviews
- Accommodation Support
- Interacting with Supervisor/Coworkers
- Working As A Team
- Soft Skills

## Educational

- Study/Homework Skills
- Academic Accommodations
- Communication with Instructors/Classmates
- Staying on task/focused

## Independent Living

- Financial skills
- Identifying Trustworthy People
- Responding to Stress/Anger
- Identifying Wants and Needs

## Recreational

- Using Time Appropriately
- Filling Downtime
- Utilizing Eugene Parks and Recreation
- Trying New Activity Outside of comfort zone.



# Connections Activities

- Instruction and Practice in Independent Living, Vocational, Educational and Community Awareness
- 1v1 Advocate Sessions, Small Group Seminars, Vocational Practice
- Each Student's program will be individually designed to meet his/her IEP goals and needs





# Sample of Connections Seminars

- Abilities! Discover Your Strengths
- Book Club
- Game of Life
- Topics For Young Adults
- Live Long & Prosper
- Job Club
- Academic Support
- Urban Connections
- Adulting 101
- Couch to 5k
- Grill & Chill
- Community Volunteer Sites
- Moving In/Moving On
- Healthy Relationships
- Ready Set Apply!
- I'm Hangry



# Advocate Sessions

Individual Weekly  
Appointments Tailored  
to Each Students Needs

- \* Goal Setting
- \* Personal Spending Plans
- \* Independent Living
- \* Individual Problem Solving
- \* Social Skills
- \* Vocational Support



# Vocational Training

## Connections Based Seminars:

**Job Club  
School Store**

## Community Based Opportunities:

**Habitat for Humanity Re Store  
Grass Roots Garden  
Next Step Recycling  
Cognitopia  
Hult Center**

## Vocational Rehabilitation

**We work closely with OVRS to help connect students who are interested with paid employment.**

*Individual Work Experience Sites will become available on an as needed basis*



# Academic Preparation

- ❖ Students who are interested in improving their academics are encouraged to participate in coursework at Lane Community College.
- ❖ LCC ABSE is free, however students will be charged a \$27 a term transportation fee
- ❖ Connections Staff can support students with their LCC credit coursework.



# Important LCC Information

- **Adult and Secondary Education (ABSE) Orientation** will take place several times a year.
- **Students must attend both orientation days.**
- **ABSE Office:**  
**(541) 467-5945**
- **GED Testing Center:**  
**(541) 463-5324**
- **Connections Staff Support:**  
**Amy Caprile: 541-953-8768**



# Lane Community College Support

- ✦ Connections Staff can assist students with the steps to enroll in LCC classes.
- ✦ Connections Staff can assist students connecting to learning resources, communication with teachers, as well as time management/study support.



# A corner stone of our program is our "connection" with community agencies



# CONNECTIONS ORIENTATION

- Students will attend 2 half-day Sessions in September. Case managers will schedule individual appointments to set goals, create a schedule and a transition plan with students and their support team.
- The purpose is to build a team atmosphere, establish expectations/set goals, and to identify student strengths
- New and returning students are expected to attend orientations.





# BUS PASSES

- You are responsible for your own transportation during Orientation
- You will receive a Bus pass when you sign up for Fall Term Seminars (Day 3 of Orientation).
- Do not lose this pass as they are limited and there will be a replacement fee.





## Where Is Connections?

Advocate Sessions and Seminars will take place at in the Transition Building, 2120 Bailey Hill Rd in the Churchill area, and Lane Community College Downtown Center. We also have community based activities so students can practice their skills in “real world” settings.

Connections is not affiliated with Lane Community College. We are unable to contact instructors, registrar, etc on your behalf. We will be able to assist you contacting LCC.

# *How Can I Enroll In Connections?*



- \* *Add your name to contact information list*
- \* *Attend Connections Orientation and Scheduling Meeting*
- \* *Complete Connections Planning Document. **Make sure to set meaningful goals!** Bring document to orientation!*



**September 14-16:**  
**Student Orientation**  
**1 1:00 pm - 2:00 pm**

**September 17:**  
**Registration**  
**Individual Meetings/ Sign Up For a Time**

**September 21:**  
**Fall Term Connections Seminars and Advocate Sessions**  
**Begin!**

# QUESTIONS?

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Check our website for updates:

<http://blogs.4j.lane.edu/connections/>