

THE LAST STEP



RAYCHELLE CASSADA LOHMANN

ADOLESCENCE THE LAST STEP BEFORE ADULTHOOD



THE HS TRANSITION

TEEN TO ADULT

Adolescence is marked by a period of rapid physical and cognitive growth. It is at this stage, teens are forced to make some complex decisions about their future. Post-secondary options and what's next, top the list. As helping professionals, it's our job to help teens prepare for the next step.



SMOOTH TRANSITIONS



- ◆ Supportive family & friends
- ◆ Financial support
- ◆ Satisfying leisure activities
- ◆ Personal achievements
- ◆ Academic success

ROUGH TRANSITIONS

- ◆ Relationship problems
- ◆ Career indecision
- ◆ Financial problems
- ◆ Lack of post-secondary options
- ◆ Difficulty in adjusting to new demands



STEPS TO SUCCESS



STEP ONE

Develop An Action Plan

Discuss Interests, Strengths & Aptitudes. Using assessments & the Individual Graduation Plan are great tools to help students map out their HS plans & prepare for the post-secondary transition.



STEP TWO

Social Skills Training

Teach students the power of their voice. Help them articulate their thoughts & ideas. Effective communication skills, self-confidence & relationship skills are a must.



STEP THREE

Accessing Information

Many students don't know how to find or sort through available resources. Teach students skills to find the information they need in the most efficient way. Not knowing where to turn can cause a lot of stress & possibly lead to shutting down.



STEP FOUR

Experiential Opportunities

Many teens lack the hands on experience needed to make decisions about their future. Provide opportunities for job shadowing, internships, field trips, or informational interviewing.



STEP FIVE

Application Process



Teach teens organizational skills, how to write cover letters, resumes, create websites, create online profiles, & how to fill out applications. Think “online” not “paper pencil”. Their generation is moving to paperless.

STEP SIX

Self Presentation

Teach interview & presentation skills in diverse settings. This will not only help teens express themselves but it will build their confidence increasing self-efficacy.



STEP SEVEN

Decision Making Skills

Understand the complexities of making a decision about the future. Learning how to explore, gather information and narrow down options shows developmental maturation.



ACIP MODEL

STEP 1

ALTERNATIVES

Know Your Options

STEP 2

CONSEQUENCES

Pros and Cons

STEP 3

INFORMATION

Research and
Accumulate

Step 4

PLAN

Make a Plan of Action to
Reach Your Goal

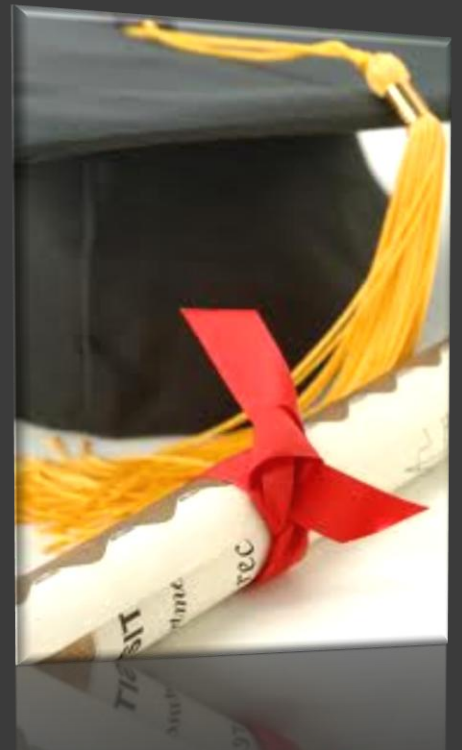
UNDERSTANDING TRANSITIONS



- ◆ Career counseling needs to encompass a greater range of complex issues.
- ◆ Personal and career issues are intertwined.
- ◆ How the transition goes will have an impact of their feelings of self-worth.
- ◆ Families & friends can be strong supports.



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CONTACT INFORMATION



WEBSITE:

www.raychelleclohmann.com

TEEN ANGST:

www.psychologytoday.com/blog/teen-angst

SHARECARE:

www.sharecare.com