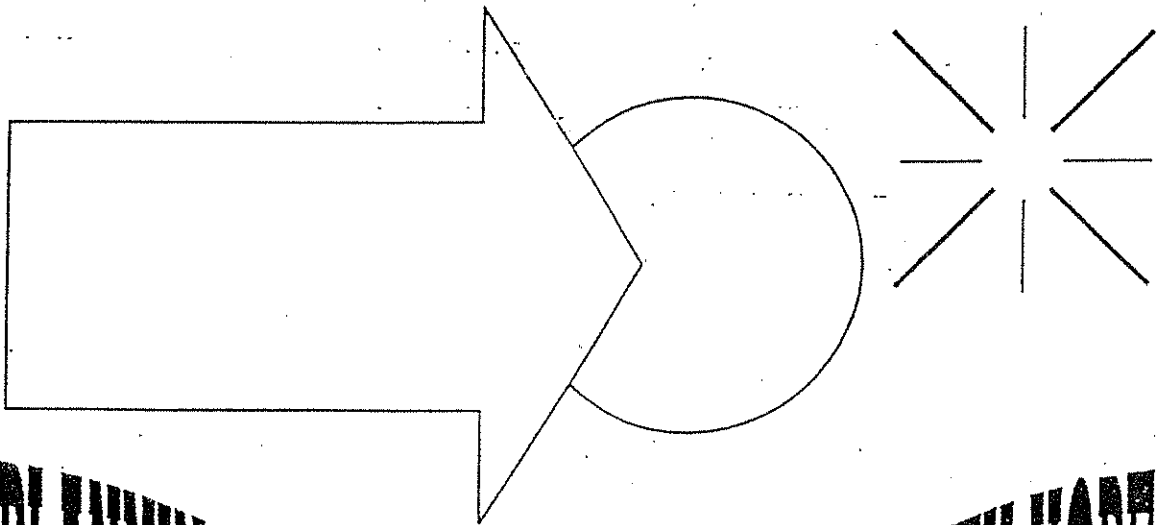


PATH

A Workbook for

PLANNING POSITIVE POSSIBLE FUTURES



PLANNING ALTERNATIVE TOMORROWS WITH HOPE

Planning School Experiences In Preparation For Adult Life

STUDENT BOOKLET

ORGANIZER FOR THE INDIVIDUAL PLANNING MEETING

Adapted From
The Manitoba Transition Project

Pearpoint, J., O'Brien, J., Forest, M. (1993) PATH: Planning Positive Futures. A Workbook of Change. Toronto: Inclusion Press

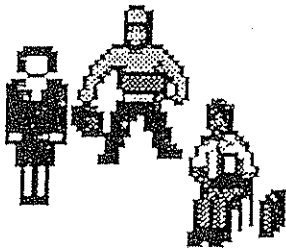
Table of Contents

Purpose of Booklet.....	Page 2
What will happen at your meeting.....	Page 3
What to do before the meeting.....	Page 4
What you want to do when you finish school (Dreams).....	Page 5
What is important to you (Goals).....	Page 7
What you are doing now (Now).....	Page 9
Who will help you with your plans (Enroll)	Page 11
Your plan for the future.....	Page 12

ORGANIZER FOR THE INDIVIDUAL TRANSITION

PLANNING MEETING

What is this
booklet for?



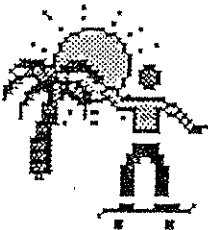
This booklet is to help you prepare for your Individual Transition Planning (ITP) meeting.

The Individual Transition meeting is a meeting with your teachers, your parents and other people that will help you get ready to leave school.

You will be asked to think of what you would like in the future and what you and others must do to make it happen.



This is your booklet so please feel free to make notes or drawings on any part of it. You may wish to bring pictures, school work, and videos to show others what you enjoy doing at school, in the community, at work experience and with your family and friends.



Please bring this booklet with you to the meeting.

My Name: _____

What will
happen at
my meeting?

At the meeting you will be asked to:

- picture your dream of a future that you would like,
- set goals that will help you reach your dream of the future,
- describe where and what you are doing now at school, at home and in the community,
- name the people who may help you to achieve your goals,
- recognize what you must learn or know so that you can achieve your goals,
- decide and write down what you and others must do for the next 3 months,
- plan your work, and the team members' work for next month, and
- commit to specific first steps and recognize the people who will support you in those steps.

This planning is called PATH which means Planning Alternative Tomorrows with Hope*. PATH allows you and the supporting group to move from thinking to action so that goals become a reality for you.

What do I
I do before
my meeting?

Talk with your parents or guardians and teachers about what you would like to say at your meeting. If you do not wish to talk at the meeting you may choose to attend and ask someone else to talk for you and present your ideas on the transition plans.

You may prefer to draw or attach pictures to help share your ideas and thoughts with other team members.

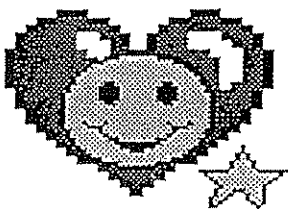
You may wish to bring photographs or videos from your school, work experience and community activities.

People I'd like to
come to my meeting:

Write down and tell your teacher who you would like to attend your Individual Transition Planning meeting.

The meeting will last about 1 3/4 hours and there will be people who will draw and write down what is being said.

This is your chance to tell and show others what you want for your future. The meeting will be a time to celebrate what you have accomplished and look forward to what you want to achieve.



Have fun and enjoy your meeting

What are your dreams for the future?

What do I want
to do when I
finish school?

Where do you want to work?

What kind of job do you want?

Where do you want to live?

What kind of living arrangements
would you like?

How do you want to have fun?

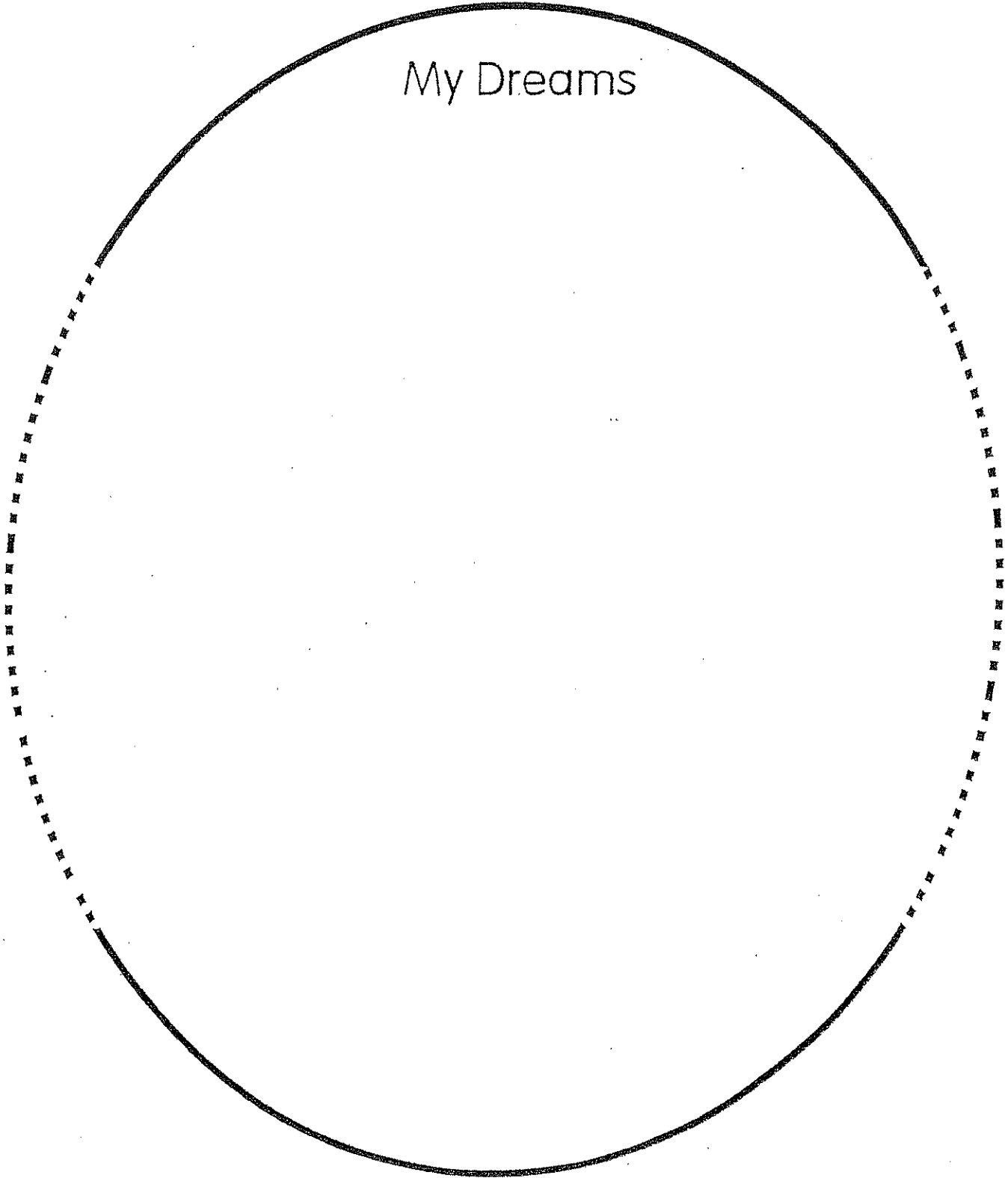
What opportunities are available in
your community?

In the future I would like to:

After you have written about your dreams for the future, you may wish to draw pictures or cut out and paste pictures on the next page so others have a clear idea of what your dream is about

You may wish to invite your family, friends, teacher or teaching assistant to help you complete this picture.

My Dreams



What is
important
to me?

Pick a time when you would like to see your goals achieved. A good time might be your graduation, next Christmas, your birthday, next summer holidays. What goals would you like to see achieved by that time?

Consider the areas of school, work, living arrangements, relationships, leisure, transportation, etc.

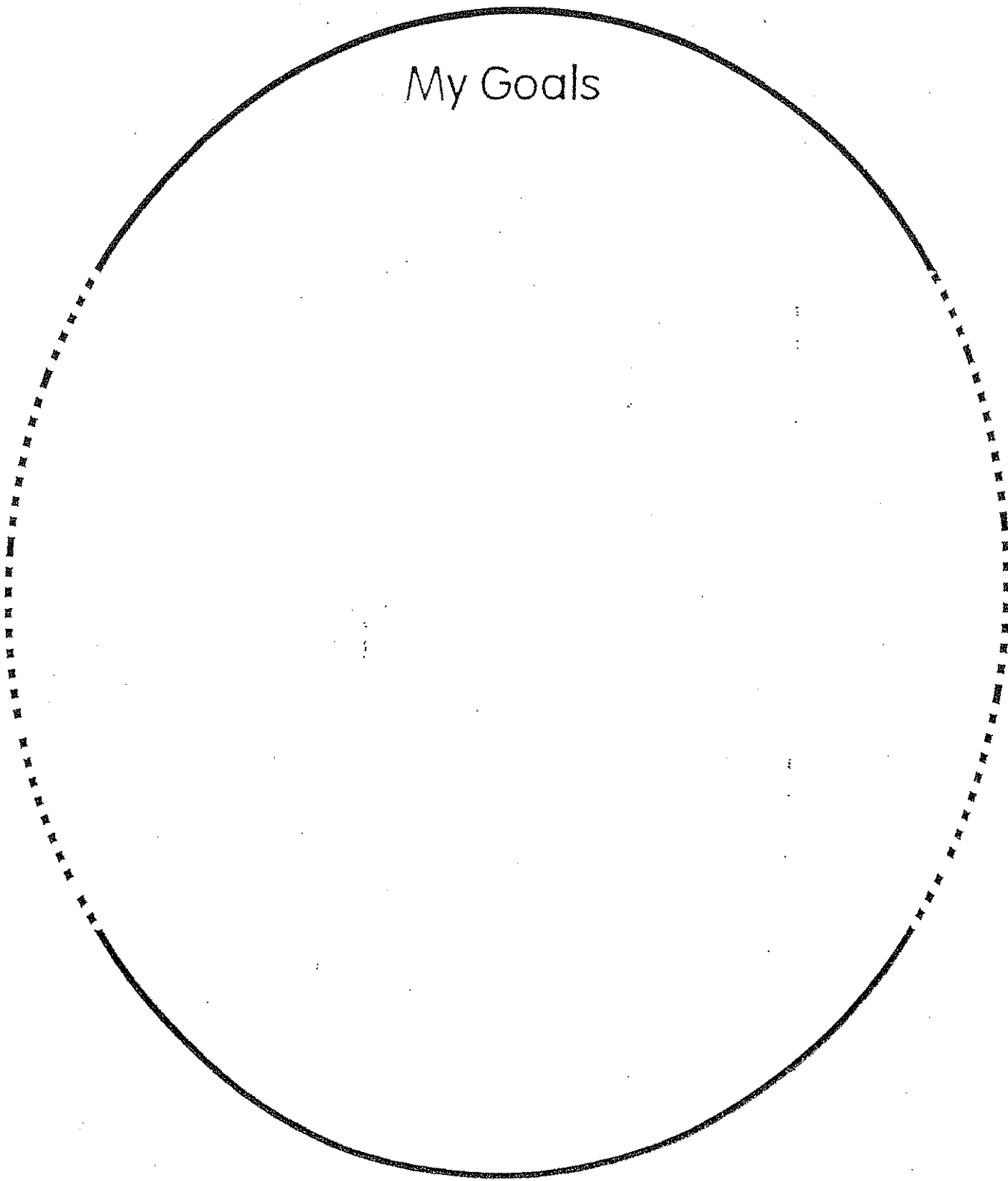
Which goal is most important to you?

Share with others what you are concerned or worried about doing or learning.

After you have written about your goals, you may wish to draw pictures or cut out and paste pictures on the next page so others have a clear idea of what your goal is about.

You may wish to invite your family, friends, teacher or teaching assistant to help you complete this picture.

My Goals



What am I
doing now?

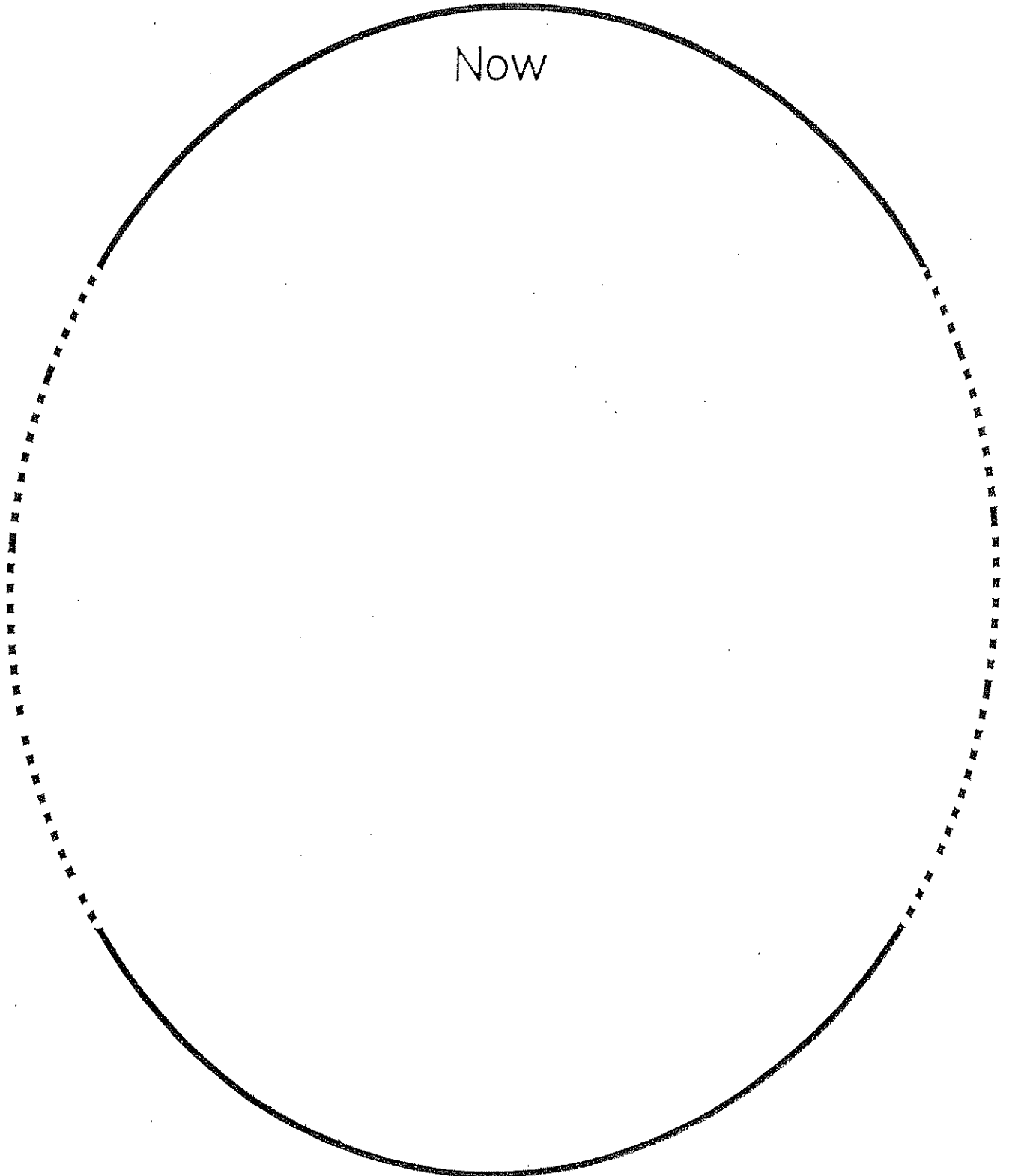
Tell us or show us what you are doing now: at school, at home, and in your community.

- What are you learning at school?
- What are you doing for work experience?
- What do you do for fun?
- Who do you go out with in the evenings or weekends?
- How do you get around the community (walk, take a bus, get a ride)?
- What are you good at?
- What do you need help with?

After you have written about what is happening now, you may wish to draw pictures or cut out and paste pictures on the next page so others have a clear idea of what is happening with you now.

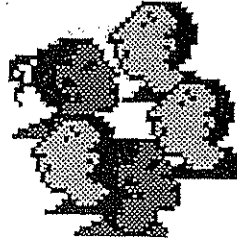
You may wish to invite your family, friends, teacher or teaching assistant to help you complete this picture.

Now



Who can help me with my plans?

Name the people who may help you to achieve your future plans.



People

How can he or she help you?

My plan for
the future

(Please complete this section at the planning meeting or ask others to complete it with you)

At the meeting you will be asked to carry out some plans.

List what you have to do:

What I have to do

When it has to be done
