

Transition Camp

Schedule for Sunday, February 3, 2008 **Today's Theme: Overview and Introductions**

We have come together to learn skills and techniques that will help us transition from the school world to the world of adult life.

Note: Since we are arriving at various times, activities for today are optional.

Time	Who	Where	What
10:00 am–10:30 pm	All	Hostel	Arrive and check in, free time
7:45 pm – 8:15 pm	All (optional)	Hostel	Dinner
8:15 pm – 9:00 pm	All (optional)	Hostel	About the hostel, introductions, schedule overview and games
9:00 pm –10:30 pm	All	Hostel	Free time or study time; hostel curfew is 10:00
10:30 pm	All	Hostel	Lights out

Transition is change.

During our camp we will learn about these aspects of moving from school to life:

- Theme One: Recreation and leisure
- Theme Two: Living independently
- Theme Three: Education and Training
- Theme Four: Employment: Finding and keeping a job
- Theme Five: Contributing to my community

You prepared for Transition Camp by completing Assignments 3, 5, and 12. Assignments 13, 14, and 15 are optional.

Transition/Set for Life Teacher Training Sessions:

1. Monday, 10:30 am – 11:00 am Independent Living Centers
2. Monday, 2:00 pm – 3:45 pm Overview of the week's training
3. Tuesday, 11:00 am – 11:45 am DVR resources
4. Wednesday, 10:00 am – 10:45 am Using the Set for Life Handbook, Working with IEPs
5. Thursday, 3:45 pm – 4:15 pm Community Resources

Important Camp information:

Juneau International Hostel, 614 Harris Street, Juneau, Alaska 99801, 586-9559
 Southeast Regional Resource Center, 210 Ferry Way, Juneau, Alaska 99801, 586-6806
 Cathedral of the Nativity Parish Hall, 430 5th St., Juneau, Alaska 99801, 586-1513, 586-6934
 Your Transition Camp Director is Gail Greenhalgh.
 Your Transition Camp Instructor is Steve Jozwiak
 Your All-Alaska Academy Director is Linda Kadrlík.
 Your All-Alaska Academy Registrar is Pat Bock. Cell: 957-6491. Home: 364-3389.

Tomorrow's evening activity: Board games, study, or free time

Transition Camp

Evening Schedule

Theme One: Recreation and Leisure

After high school I will find healthy, productive, and enjoyable activities that will enrich my life.



Date and Time	Who	Where	What
Sunday Evening			
8:15 pm – 10:00 pm	All	Hostel	“Getting to know you” games
Monday Afternoon			
11:30 am – 2:00 pm	All	Around town	The Map Game and physical fitness activities
Monday Evening			
7:00 pm – 10:30 pm	All	Hostel, around town	Board games at the hostel, choice of activities
Tuesday Evening			
6:45 pm – 9:45 pm	All	Around town	Shopping or a movie
Wednesday Evening			
4:45 pm – 6:45 pm	All	Bullwinkle’s	Bowling, DINNER and video games
8:15 pm – 9:00 pm	All	Around town, hostel	Free time, visit library, board games at the hostel
Thursday Evening			
7:00 pm – 9:00 pm	All	Hostel, pool, or The Rock Dump	Swimming, rock climbing, study or free time

Assignment/Lesson 12 gives information about recreation and leisure activities.

Transition Camp

You are what you eat!

Theme Two: Living Independently

After high school I will know how to prepare healthy, balanced meals for my family and myself.

QuickTime™ and a
TIFF (Uncompressed) decompressor
are needed to see this picture.

The Food Pyramid is a guide for eating healthy, balanced meals. To practice healthy meal preparation, your team will complete one of the following tasks for each of three meals:

- **COOK:** This team cooks the meal under the direction of the teachers or other adults, and places the meal at the buffet station.
- **SET UP:** This team prepares the table or buffet with plates, cups, utensils, condiments and beverage.
- **CLEAR:** After the meal, this team clears the tables, wipes them down, takes care of garbage and puts the leftover food away.
- **ALL TEAMS:** Explain how this is a balanced, healthy meal.

MEAL	COOK	SET UP	CLEAR
Monday Breakfast	1: Aleutian	2: Bering Strait	3: Chatham
Tuesday Breakfast	4: Kashunimiut	5: Southeast Island	1: Aleutian Region
Wednesday Breakfast	2: Bering Strait	3: Chatham	4: Kashunimiut
Thursday Breakfast	5: Southeast Island	1: Aleutian Region	2: Bering Strait
Thursday Dinner	1: Chatham	2: Kashunimiut	3: Southeast Island
Friday Breakfast	4: Aleutian	5: Bering Strait	1: Chatham

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Schedule for Monday, February 4, 2008

Theme Two: Living independently

After high school I will possess the skills to live on my own.

Time	Who	Where	What
7:00 am – 7:45 am	All	Hostel	Rise; get ready for the day
7:45 am – 8:15 am	All	SERRC Classroom	Breakfast (Team 1: cook, Team 2: set up, Team 3: clear)
8:15 am – 8:30 am	All	SERRC Classroom	Attendance, overview of week
8:30 am – 9:00 am	Students	SERRC Classroom	Camp expectations, “Who Are You” game
8:30 am – 9:00 am	Educators	SERRC Classroom 2	Activity overview; assisting with Person-Centered Planning
9:00 am – 10:00am	All	SERRC Classroom	Person-Centered Planning
10:00 am – 10:15 am	All	SERRC Classroom	Break
10:15 am – 11:00 am	Students	SERRC Classroom	Personal Finance and Budgets
10:15 am – 11:00 am	Educators	SERRC Classroom 2	Transition/Set for Life training session 1: Independent Living Centers
11:00 am – 12:00 pm	All	SERRC Classroom	Team Building Activities
12:00 pm - 2:00 pm	All	SERRC Classroom, then Around town	Working lunch – Class photograph, choose work stations, the Map Game
1:15 pm – 4:15 pm	Educators	SERRC Classroom	Transition/Set for Life training session 2: Overview
2:00 pm – 3:00 pm	Students	SERRC Classroom	Your Picasso Portrait – Sylvia Halsey
3:00 pm – 3:30 pm	Students	SERRC Classroom	Healthy Lifestyles: You are what you eat: Sonja Koukel
3:30 pm – 3:45 pm	Students	SERRC Classroom	Break
3:45 pm – 4:15 pm	Students	SERRC Classroom	Review the day so far, journal, prepare for community report
4:15 pm – 5:00 pm	All	SERRC Classroom	School and community reports (Lessons 3 and 5)
5:00 pm – 7:00 pm	All	Around Town	DINNER on your own
7:00 pm – 10:30 pm	All	Hostel, around town	Board games at hostel, free time, chores, study. Hostel curfew is 10:00 pm
10:30 pm	Students	Hostel	Lights out

Tomorrow’s evening activity: shopping or a movie

Transition Camp

Schedule for Tuesday, February 5, 2008

Theme Three: Education and Training

Additional education and training after high school will help me choose and prepare for an interesting and satisfying career.

Time	Who	Where	What
7:00 am – 7:45 am	All	Hostel	Rise; get ready for the day
7:45 am – 8:15 am	All	SERRC Classroom	Breakfast (Team 4: cook, Team 5: set up, Team 1: clear)
8:15 am – 8:45 am	All	SERRC Classroom	Overview, bus-riding, about meal preparations
8:45 am – 9:30 am	Educators	SERRC Classroom 2	Overview, education and training concepts
8:45 am – 9:30 am	All	SERRC Classroom	School and community reports (Lessons 3 and 5)
9:30 am – 10:45 am	Teams	SERRC Classroom	Person-centered planning
10:45 am – 11:00 am	All	SERRC Classroom	Break
11:00 am – 11:45 am	Students	SERRC Classroom	Education and training opportunities
11:00 am – 11:45 am	Educators	SERRC Classroom 2	Transition/Set for Life training session 3: DVR Resources
11:45 am – 1:15 pm	All	Around Town	Lunch on your own
1:15 pm – 2:00 pm	All	Travel	Walk to Willoughby bus stop, 1:27 pm bus UAS
2:00 pm – 3:50 pm	All	UAS	Tour UAS; discuss education options
3:50 pm – 4:20 pm	All	Travel	Take 4:03 pm bus to airport or Nugget Mall
4:20 pm – 5:00 pm	Teams	Around the valley	Visit your first work station
5:00 pm – 6:45 pm	All	Around the valley	DINNER! On your own
6:45 pm – 9:45 pm	Choice	Around town	Free time
6:45 pm – 7:00 pm	Choice	Travel	Meet the Princess Tours bus at Nugget Mall (6:45 pm); travel to Glacier Cinema
7:00 pm – 9:15 pm	Choice	Glacier Cinema	Watch a movie
9:15 pm – 9:45 pm	Choice	Travel	Princess Tours bus returns to the hostel. Curfew is 10:00 pm
9:45 pm – 10:30 pm	All	Hostel	Chores, study
10:30 pm	Students	Hostel	Lights out

Tomorrow's evening activity: class at SERRC computer lab, then free time

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Schedule for Wednesday, February 6, 2008
Theme Four: Employment: Finding and keeping a job
After high school I will support my family and myself
with a satisfying career.

Time	Who	Where	What
7:00 am – 7:45 am	All	Hostel	Rise; get ready for the day
7:45 am – 8:15 am	All	SERRC Classroom	Breakfast (Team 2: cook, Team 3: set up, Team 4: clear)
8:15 am – 9:00 am	Students	SERRC Classroom	Attendance, review and overview, journal
8:15 am – 9:00 am	Educators	SERRC Classroom 2	Attendance, employment concepts
9:00 am – 9:45 am	All	SERRC Classroom	Succeeding at your job: Wade Bryson of Subway
9:45 am – 10:00 am	All	SERRC Classroom	Break
10:00 am – 10:45 am	Students	SERRC Classroom	Person-Centered Planning; graduation requirements
10:00 am – 10:45 am	Educators	SERRC Classroom 2	Transition/Set for Life training session 4: Using the Set for Life Handbook; working with IEPs
10:45 am – 11:00 am	All	Travel	Break, travel to work station
11:00 am – 12:00 pm	Teams	Around town	Visit your second work station
12:00 pm – 1:15 pm	All	Around town	Lunch on your own
1:15 pm – 1:50 pm	All	Travel	Catch the 1:27 pm Express bus to Juneau Job Center
1:50 pm – 3:00 pm	All	Juneau Job Center	Learn how Job Centers can help you with career planning
3:00 pm – 4:45 pm	All	Travel	Take the 3:03 pm Express bus to downtown Juneau; walk to Centennial Hall
4:45 pm – 5:15 pm	All	Centennial Hall	Visit Juneau Job Fair, then walk to Bullwinkles
5:15 pm – 6:15 pm	All	Bullwinkle's	DINNER and video games
6:15 pm – 6:30 pm	All	Travel	Travel to SERRC Lab
6:30 pm – 8:00 pm	All	SERRC Lab	AKCIS, Alaska's Job Bank, Assignments 13, 14, and 15
8:00 pm – 9:00 pm	All	Hostel, around town	Free time, library
9:00 pm – 10:30 pm	All	Hostel	Snack, study time
10:30 pm	Students	Hostel	Lights out

Tomorrow's evening activity: Swimming, rock climbing, study or free time

Transition Camp

Schedule for Thursday, February 7, 2008
Theme Five: Contributing to my community
After high school I will be a valued member of my community.

Time	Who	Where	What
7:00 am – 7:45 am	All	Hostel	Rise; get ready for the day
7:45 am – 8:15 am	All	SERRC Classroom	Breakfast; (Team 5: cook, Team 1: set up, Team 2: clear)
8:15 am – 9:00 am	Students	SERRC Classroom	Attendance, review, overview; community participation
8:15 am – 9:00 am	Educators	SERRC Classroom 2	Review, overview; community participation concepts
9:00 am – 9:45 am	Teams	SERRC Classroom	Person-centered Planning identify your first step;
9:45 am – 10:00 am	All	Travel	Walk to Juneau Public Library
10:00 am – 10:45 am	All	Juneau Public Library	Library services for transition
10:45 am – 11:00 am	All	Travel	Walk to classroom
11:00 am – 11:45 am	All	SERRC Classroom	Careers in your community: starting your own business
11:45 am – 1:30 pm	All	SERRC Classroom	Working lunch; (Team 3: cook, Team 4: set up, Team 5: clear) Comm. business brainstorm
1:30 pm – 1:45 pm	All	SERRC Classroom	Prepare for work station visit
1:45 pm – 2:45 pm	Teams	Around town	Visit your third work station
2:45 pm – 3:00 pm	Teams	Around town	Break, travel
3:00 pm – 3:45 pm	All	SERRC Classroom	Mapping Community Assets
3:45 pm – 4:15 pm	Students	SERRC Classroom	Voting
3:45 pm – 4:15 pm	Educators	SERRC Classroom 2	Transition/Set for Life Training session 4: Community resources
4:15 pm – 4:45 pm	All	SERRC Classroom	Volunteer in your community
4:45 pm – 5:00 pm	All	SERRC Classroom	Break
5:00 pm – 5:45 pm	Students	SERRC Classroom	Review of the day, journal, thank you letters
5:45 pm – 6:45 pm	All	SERRC Classroom	DINNER (Team 3: cook, Team 4: set up, Team 5: clear)
6:45 pm – 7:00 pm	All	Hostel	Prepare for your activity
7:00 pm – 9:00 pm	All	Hostel, pool, or the Rock Dump	Swimming, rock climbing, study or free time
9:00 pm – 10:30 pm	All	Hostel	Free time, chores, study time Hostel curfew is 10:00 pm
10:30 pm	Students	Hostel	Lights out

Tomorrow's evening activity: Clean hostel, pack.

Transition Camp

Schedule for Friday, February 8, 2008

Putting it all together

With my person-centered plan, I'm ready to move from school to adulthood.

Time	Who	Where	What
7:00 am – 7:45 am	All	Hostel	Rise; get ready for the day
7:45 am – 8:15 am	All	Hostel	Breakfast (Team 1: cook, Team 2: set up, Team 3: clear)
8:15 am – 9:00 am	Students	SERRC Classroom	Attendance; review of our week at camp
8:15 am – 9:00 am	Educators	SERRC Classroom 2	Finalizing the Person-Centered Plan and Picasso Portrait
9:00 am – 9:30 am	All	SERRC Classroom	Finishing your Picasso Portrait
9:30 am – 11:00 am	Students	SERRC Classroom	Person-Centered Planning: Taking the first step
11:00 am – 11:30 am	All	SERRC Classroom	Wrap up: After High School, What? What we've learned. Finish thank you letters and turn in your evaluation
11:30 am – 2:00 pm	All	SERRC Classroom	Awards Luncheon and Ceremony
2:00 pm	All	SERRC Classroom	Our session is over. Have a safe trip home!

Thanks for coming!



Friday afternoon things to do:

- Visit the Alaska State Museum. Tell them you are Transition Camp student and you'll get in free.
- Go skating at Treadwell Arena in Douglas, 586-0410.
- Go rock climbing at the Rock Dump, 586-4982. You need a permission slip for this activity.
- Take a cab to visit the Mendenhall Glacier.
- Take Capital Transit to go shopping in the Mendenhall Valley.
- Visit the Juneau-Douglas City Museum, 114 W. 4th St.

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Work Station Schedule

During the week, I will visit three different places of work to learn about

- The kinds of jobs available
- Entry-level jobs and opportunities for advancement
- Education and/or training needed to fill the positions
- What these employers look for in good employees
- Working conditions (wages, hours, and terms of employment)

Date		Business	Type of business
Tuesday, February 5 4:20 – 5:00 pm (In the valley)	1	Alaska Industrial Hardware	Hardware store
	2	LAB Flying Service	Small regional airline
	3	Fred Meyer	Shopping Center
	4	Gastineau Humane Society	Animal shelter/rescue
Wednesday, February 6 11:00 am – 12:00 pm (Downtown)	1	Capital City Fire and Rescue	Fire and rescue service
	2	Alaskan Barber Shop	Owner-operated barber shop
	3	Gold Creek Child Dev. Center	Day care
	4	United States Coast Guard	Search and Rescue
Thursday, February 7 1:45 – 2:45 pm (Downtown)	1	KTOO	Radio/television station
	2	Capital City Fire and Rescue	Fire and rescue service
	3	UAS Automotive Technology	?????????
	4	Bartlett Regional Hospital	Medical center

Positive attitude is the key to employment success!

