

Foundations Workbook

Foundations workbooks provide students with an introduction to transition vocabulary, assessments, interviews, and activities. Students explore their wants, interests, strengths, and needs.

Foundations is designed for students in middle school to early high school who have the potential to live independently. Each student requires their own workbook.



Are You Ready?

Directions: Circle the letter that best matches how you are doing on each task.

Task	A	U	S	N
1. I have a positive attitude toward work.				
2. I am able to follow directions.				
3. I am able to work with others.				
4. I am able to work with a supervisor.				
5. I am able to work with a team.				
6. I am able to work with a customer.				
7. I am able to work with a client.				
8. I am able to work with a partner.				
9. I am able to work with a group.				
10. I am able to work with a community.				

Exploring Job Options

Directions: Write the name of the job in the box next to the job title.

Job Title	Name of Job
Accountant	
Analyst	
Architect	
Artist	
Attorney	
Auditor	
Business Developer	
Business Owner	
Business Representative	
Business Trainer	
Business Writer	
Business Consultant	
Business Development	
Business Analyst	
Business Manager	
Business Administrator	
Business Development Representative	
Business Development Manager	
Business Development Director	
Business Development Executive	
Business Development Specialist	
Business Development Coordinator	
Business Development Assistant	
Business Development Representative	
Business Development Manager	
Business Development Director	
Business Development Executive	
Business Development Specialist	
Business Development Coordinator	
Business Development Assistant	

Foundations assessments introduce students to the Transition process:

- Transition vocabulary
- Life and employment
- Work likes and dislikes
- Work preferences
- Enhancing school success

Foundations activities put students in situations like they will face in adult life:

- Career path interview
- Transportation options
- Eating healthy
- First look at a budget
- Apartment living

Students are introduced to Transition and are guided to explore their future options

Starting Line Transition Program Two Great Workbooks that Prepare Students for a Successful Transition to Adult Life



Starting Line Teaches 7 Characteristics to Prepare Graduates for the Future

1. Knowledge of their wants, interests, strengths, needs, options, and responsibilities.
2. Readiness skills for life, education, and employment.
3. Experience in handling situations similar to what they will face in the future.
4. Postsecondary goals that are based on knowledge, skills, and experiences.
5. Transition plan and timeline for reaching their postsecondary goals.
6. Ability to advocate for themselves.
7. Ability to manage the stress that accompanies the Transition process.

Go to www.tensigma.org/startingline to Download **FREE** samples

Fast Track Workbook

Fast Track workbooks provide students with assessments, activities, and tasks to identify meaningful postsecondary goals. Then students develop a plan and timeline which they present at their annual IEP meetings.

Fast Track is designed for students in 10th through 12th grade (also for 18–22 yr. olds, corrections, and ALC programs), who have the potential to live independently. Each student requires their own workbook.



Working Style - Motivation

Directions: Write the number of the job that you would like to do in the box next to the job title.

Job Title	1	2	3	4	5	6	7	8	9	10
Accountant										
Analyst										
Architect										
Artist										
Attorney										
Auditor										
Business Developer										
Business Owner										
Business Representative										
Business Trainer										
Business Writer										
Business Consultant										
Business Development										
Business Analyst										
Business Manager										
Business Administrator										
Business Development Representative										
Business Development Manager										
Business Development Director										
Business Development Executive										
Business Development Specialist										
Business Development Coordinator										
Business Development Assistant										

Learn about Paying Bills

Directions: Write the amount of money you would need to pay the bill in the box next to the bill.

Bill	Amount
1. Rent	
2. Utilities	
3. Groceries	
4. Transportation	
5. Entertainment	
6. Insurance	
7. Health Care	
8. Education	
9. Debt	
10. Other	

Fast Track assessments help students learn about themselves:

- Explore future plans
- Work preferences
- Life and employment readiness
- Refine choices
- Research schools

Fast Track activities and tasks give students experience

- Rent and utilities
- Make a list of supports
- Learn to follow a budget
- Learn about ADA/504
- Wages and taxes
- Get accommodations

Students learn to take charge of their goals and develop a plan to reach them