

Transition – Beyond Secondary

Getting ready for greater independence

In order to be successful in their transition beyond Secondary, young adults benefit from having built up key skills for independence. These can be worked upon whilst at school or at home, prior to transition to college, further education, work experience or employment.

Install and practise using apps to support communication, daily routines, health, wellbeing and banking.

Managing Anxiety

Changes can be difficult and moving onto new surroundings, unfamiliar people and different routines may lead to an increased feeling of anxiety. There are a number of steps that can be taken to reduce anxiety around this important transition.

PREVENT AND PLAN

- Gather information about the new setting such as maps, names of key people and daily routines
- Look at the website and take a virtual tour
- Visit several times before the starting day
- Practise the journey
- Meet a key member of staff who can provide support and find out how to contact them
- Locate the toilets and place to store personal belongings
- Ask about the first day and what to expect
- Visualise or role play talking to people in the new setting; practise introductions and asking questions
- Plan for unexpected changes, what to do if...
- Have an exit strategy – find a quiet place to go if feeling overwhelmed
- Take calming items in bag - book, chewing gum, music and headphones, blutak etc.

MANAGING ANXIETY

- Breathing techniques
- Use calming items
- Move to a quiet place
- Distraction
- Ask for help

Key Skills Checklist

Write, or be able to access, personal details needed for form filling, such as name, address, date of birth and phone number

Cross the road safely

Follow a familiar route

Tell the time

Follow a timetable

Use public transport

Recognise money

Pay using a bank card

Budget and check balance

Make a packed lunch

Pack a bag for the day

Ask for help – who, where and how



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