

A Day in the Life of a Transition Student

Spring 2022

(background music)

Hi, my name is Isabella Khang. I am in the transition program at the Minnesota State Academy for the Blind. The transition program, also called the Academy Plus program, is a program for 18 to 21 year olds who want to learn skills and independent living. We learn things like orientation and mobility, job skills, cooking and meal planning, home skills, PE and leisure skills, and technology. I'm also taking Braille music and a recording studio class this year. I want to tell you about what a day in the life of a transition student is like. My friends Kelsea, Lucas, and Noah are helping me by recording sounds and putting this podcast together.

(background music)

I live in a house designed for transition students. Originally named the Max Carter Complex, we usually refer to it as the A+ house. I stay there with my friends, Megan and Emily. We each have our own room and there are two bathrooms in the house we share. We share the kitchen and living space. Each day goes something like this.

(background music)

I wake up each morning at 6:00 AM. I sometimes take a shower and wash my hair.

(sounds of the shower)

I also like to have my coffee in the morning, and use the Keurig to make it. I like the Caribou Morning Awakening coffee.

(sounds of preparing the Keurig and running water)

I also make my own breakfast, sometimes a pancake and sausage on a stick, that I warm up in the microwave. The microwave has Braille numbers on it so I can find the numbers on the number pad.

(sounds of the microwave voice)

After I get dressed I walk across the street to get to school. I use my white cane to help me get there. I use my name badge to get into the school building each day.

(sounds of the key card access pad)

The first thing I do is go to the nurses office. Then I go to my first class of the day.

(sounds of Bellah in the hallway, talking with peers)

Depending on the day. I have either home living with Mrs. Jindra or recording studio with Mrs. P. first hour. Right now we're working on meal planning and making grocery lists in home living. Second hour I go to PE. On Tuesdays and Thursdays I get to swim in the pool.

(sounds of water splashing in the pool)

Sometimes we ride on state ride stationary bikes. Walk on the treadmill. Or play goalball.

I go back to Mrs. Jindra's classroom during 3rd and 4th hour for independent work time. Here we work on homework, read books or make snacks. Other students, like my friend Noah, will go to work during this time. He takes care of the recycling throughout the MSAB campus. Or does shredding.

Other students work at Walgreens or Riverbend Nature Center. There are also projects to do throughout the year related to MSAB holiday craft sales, where students develop customer service skills while raising money for the program.

After fourth hour comes lunch, I have lunch on campus in the cafeteria.

(sounds of chatter in the dining room)

My favorite lunch there is turkey and mashed potatoes. I like having the time to sit and talk with my friends.

After lunch I go to work. I vacuum or run the snack cart on campus or complete my work experience at a hotel in town called Boarders Inn. At Boarders, I fold laundry and help put linens in the dryer.

(sounds of the vacuum)

For 7th hour I have Braille music on Mondays and Wednesdays. We are learning the Braille music code which is a whole new code to learn. We learn to read and write music for each other using brailers and different music instruments.

(sounds of singing and ukulele, then cheering)

On opposite days I have technology and go to the computer lab.

(sounds of JAWS)

After school I have choir, rock band and student council.

(sounds of rock band rehearsal; singing, drum set and bass guitar)

Some students all also participate in International Studies Club, goalball, swimming track or other sports after school.

After school, I walk back to the house. The three of us take turns making dinner, which includes menu planning and shopping. Tonight I'm making BLTs!

We do dishes after dinner and wipe down the table.

(sounds of washing dishes)

In the evening sometimes we do crafts, play games, read and do homework.

(background music)

Overall, it's great – it's good to be back at school, especially after a year of distance learning. The transition program is a great way to learn about independence, living and work skills.

(music fades)