

GAIPSEC RECOMMENDED STRATEGIES FOR IPSE SUCCESS

Leadership from each of the Georgia Inclusive Post-Secondary Education Programs contributed recommendations for transition-aged youth interested in how to prepare to be successful in an IPSE program. Several of these recommendations would make excellent IEP Transition Plan Goals/Activities, and each easily fit into five *Life Categories* that IPSE students need to manage with more independence when they get on campus.

TECHNOLOGY	FINANCE	RELATIONSHIPS	TIME	COMMUNICATION
Practice sending and receiving formal and informal emails from their own email address.	Develop moderation strategies around spending.	Cultivate social experiences that encourage building relationship skills, including attending club meetings, social groups, and overnight camps.	Utilize smartphone calendars/alarms/reminders to manage complex schedules and medication.	Strategize knowing when to ask for help and when to work independently.
Practice safety rules for social media and the internet.	Explore responsible use of money—consider using a pre-loadable debit card (ex: Green Dot) with an app that both of you can monitor.	Work on conflict resolution skills and become familiar with the concept of compromise.	Strategize independence around planning to break down large projects into smaller, manageable components.	Practice talking about diagnosis, disability characteristics, strengths, challenges, and advocating for needed accommodations.
Learn how to drop a pin when using a navigational app (good when using public transportation!)	Let your youth be responsible for purchasing their own toiletries and remaining within a budget.	Volunteer for a cause or an organization (excellent work experience, and great to put on an application!)	Practice various coping strategies for unexpected schedule and/or staff changes.	Practice Free Writing in preparation for the Application/Interview process. Answer the question: Why do you want to go to college?
Become familiar with educational technology—ex: grammar check and spell check, already embedded in word processing software.	Get in the habit of allowing your youth to experience the consequences of not being able to make a desired purchase because of low funds. Talk through solutions.	Give your youth the freedom to make choices, and the dignity of risk .	Build the habit of including travel time into the consideration of what time to leave for a destination.	Tour multiple IPSE programs, attend Open House events, and take part in as many IPSE summer programs as possible, in order to build communication and independence skills.