

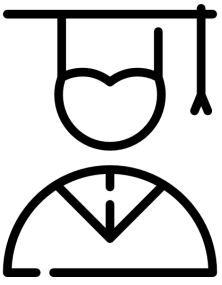
3 CONVERSATIONS WITH YOUR HIGH SCHOOL STUDENT

A Helpful Conversation Guide by



Getting ready for college is about more than SAT prep and dorm accessories. For families of students with autism, it's key to have honest conversations so everyone is prepared for the realities of life after high school. It's hard to know where to start, so we put together this helpful guide to get you going in the right direction.

Shifting Parental Role



From childhood, parents are their autistic children's fervent advocates. But in college, by law, students must advocate for themselves. Part of college success depends on preparing for this transition to self-advocacy.

- What goals do you have for life after high school?
- How might you find the supports you need at college?
- What new responsibilities might you have at college?

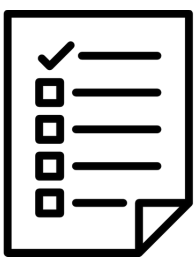
Handling Stress

Knowing how to recognize and manage stress is key to maintaining mental health. Equip your high school graduate with the tools to cope when their stress level rises.



- When you feel stressed or anxious, what makes you feel better?
- Who do you talk to when you feel stressed, anxious, or frustrated?
- What do you think will be the easiest part of life in college? What will be the hardest?

Self-Awareness



College life differs from high school in ways families may not anticipate. Self-knowledge can help students understand their own needs and respond to new challenges.

- What do you know about your autism diagnosis?
- What do you imagine college is like?
- What are your strengths and challenges?

“The best time to experiment with increased responsibility, stress management, and self-advocacy is during high school because students have their familiar safety nets. A coach can be a great bridge between students and their parents as they explore these shifting roles.”
- Beth Felsen, Master of Psychology, Autism specialist

At Spectrum Transition Coaching, we prepare autistic young adults for success in college, career, and life.

Learn more at SpectrumTransitionCoaching.com

COLLEGE READINESS PACKAGES



Specially designed for Autistic 10th, 11th and 12th graders and their families

High school is full of transitions and decisions. Our coaching packages help you and your family manage these challenges and prepare for the next phase. Get in touch with us and choose your package at BFelsen@SpectrumTransitionCoaching.com.

KNOW

Understand the self and process
Recommended during 10th grade

- ✓ 3 sessions (up to 5 hours) of individualized coaching for your student and family
- ✓ Foster deeper understanding of the individual student and the upcoming transition from high school to college
- ✓ Explore strengths and challenges & create a plan to improve college readiness in 4 key areas: **self-advocacy, executive function, social communication and life skills**

GROW

Explore paths and needs
Recommended during 11th grade

- ✓ 3 sessions (up to 5 hours) of individualized coaching for your student and family
- ✓ Evaluate the best post-secondary options for your student including **4 year college, 2 year college, gap year and employment**
- ✓ Learn more about strengths and create a custom plan to explore post high school options including interviews, visits, questions and decision-making criteria

GO

Prepare for transition after HS
Recommended during 12th grade

- ✓ 3 sessions (up to 5 hours) of individualized coaching for your student and family
- ✓ Support your student and family in making a final decision on post-high school paths and address academic, social or life challenges
- ✓ Use strengths-based approach to create custom plan for a **smooth transition while increasing your student's independence and resilience**

To learn more or set up your intro call, please email Beth at BFelsen@SpectrumTransitionCoaching.com



KNOW / GROW / GO
Individual package for any grade level

\$799



KNOW + GROW or GROW + GO
Set of 2 packages

\$1399



KNOW + GROW + GO
Set of all 3 packages

\$1999

At Spectrum Transition Coaching, we prepare autistic young adults for success in college, career, and life.

Learn more at SpectrumTransitionCoaching.com