

* Indicates new lesson topics.

UNIT 1: Fundamentals of Transition

Lesson 1 | Foundations of Transition | 8/07/25

Secondary: Taking Ownership of Your Transition Plan *

Lesson 2 | Identifying Your Strengths & Weaknesses | 08/14/25

Secondary: Building Your Personal Brand

Lesson 3 | Developing SMART Goals | 08/21/25

Secondary Topic: Setting Realistic Expectations for Yourself

UNIT 2: Foundations for Employability

Lesson 4 | Hard & Soft Skills Across Settings | 08/28/25

Secondary Topic: The Classroom is Your Workplace

Lesson 5 | Demonstrating a Strong Work Ethic | 09/04/25

Secondary Topic: Being Resilient *

Lesson 6 | Dealing with Conflict | 09/11/25

Secondary Topic: Accepting Constructive Criticism

UNIT 3: Self-Advocacy

Lesson 7 | Exploring Self-Advocacy | 09/18/25

Secondary Topic: Building Your Advocacy Network *

Lesson 8 | Your Rights & Understanding Your Disability | 09/25/25

Secondary Topic: Building Confidence

Lesson 9 | Disclosing Your Disability & Requesting Accommodations | 10/02/25

Secondary Topic: Becoming an Advocate in Your Community *

UNIT 4: The Job Search

Lesson 10 | The Job Search Toolbox | 10/09/25

Secondary Topic: Researching Entry-Level Employment

Lesson 11 | Professional Networking | 10/16/25

Secondary Topic: Dressing for Employment

Lesson 12 | The Job Application | 10/23/25

Secondary Topic: Organizing Identification Documents *

UNIT 5: Self-Management

Lesson 13 | Social Skills | 10/30/25

Secondary Topic: Collaborating with Others

Lesson 14 | Executive Functions in Action * | 11/06/25

Secondary Topic: Managing Time & Responsibilities

Lesson 15 | Practicing Self-Care | 11/13/25

Secondary Topic: Self-Regulation for Success *

UNIT 6: Interview to Onboarding

Lesson 16 | Answering Common Interview Questions | 11/20/25

Secondary: Types of Interviews

Lesson 17 | Pre & Post-Interview Actions | 11/27/25

Secondary Topic: Handling Rejection in the Job Search

Lesson 18 | Starting a New Job | 12/04/25

Secondary Topic: Understanding Your Paycheck

UNIT 7: Financial Literacy

Lesson 19 | Managing a Personal Budget | 12/11/25

Secondary Topic: Accessing Financial Support *

Lesson 20 | Basic Banking & Saving | 12/18/25

Secondary Topic: Using Credit Responsibly

Lesson 21 | Being an Informed Consumer | 12/25/25

Secondary Topic: Financing Your Future *

UNIT 8: Postsecondary Options

Lesson 22 | Career Exploration | 01/08/26

Secondary Topic: Career Research in the Field *

Lesson 23 | College & Postsecondary Training | 01/15/26

Secondary Topic: Exploring the Trades *

Lesson 24 | Postsecondary Adult Community Services | 01/22/26

Secondary Topic: Community Involvement *

UNIT 9: On-The-Job Skills

Lesson 25 | Dynamics of the Workplace | 01/29/26

Secondary Topic: Exceeding Expectations

Lesson 26 | Entry-Level Workplace Tasks * | 02/05/26

Secondary Topic: Workplace Benefits

Lesson 27 | Workplace Evaluations & Advancement | 02/12/26

Secondary Topic: Leaving a Job

UNIT 10: Independent & Daily Living Skills

Lesson 28 | Purchasing & Maintaining a Vehicle | 02/19/26

Secondary Topic: Transportation in Your Community

Lesson 29 | Exploring Housing Options | 02/26/26

Secondary Topic: Home & Household Management *

Lesson 30 | Healthy Living * | 03/05/26

Secondary Topic: Planning Balanced Meals

UNIT 11: Safety & Hygiene

Lesson 31 | Positive Hygiene Practices * | 03/12/26

Secondary Topic: Personal Safety

Lesson 32 | Navigating Your Community Safely | 03/19/26

Secondary Topic: Dealing with Peer Pressure

Lesson 33 | Digital Safety | 03/26/26

Secondary Topic: Using AI Tools Appropriately *

UNIT 12: Transition for Your Future

Lesson 34 | Navigating Uncertainty About Your Future | 04/02/26

Secondary Topic: The Summary of Performance

Lesson 35 | Getting the Most out of Transition | 04/09/26

Secondary Topic: Reevaluating Your Goals & Personal Brand

Lesson 36 | Leaving School Prepared | 04/16/26

Secondary Topic: Using NextUp Over the Summer