

\* Indicates new lesson topics.

## UNIT 1: Foundations for Transition

**Lesson 1 | What Is Transition? \*** | 08/08/24

Secondary Topic: NextUp 101 \*

**Lesson 2 | Discovering Your Strengths & Weaknesses |** 08/15/24

Secondary Topic: Building Your Brand

**Lesson 3 | Developing SMART Goals |** 08/22/24

Secondary Topic: Expanding Your Comfort Zone \*

## UNIT 2: General Employability Skills

**Lesson 4 | Developing Hard & Soft Skills |** 08/29/24

Secondary Topic: Building & Showcasing Confidence \*

**Lesson 5 | The Classroom Is Your Workplace |** 09/05/24

Secondary Topic: Why Should You Work? \*

**Lesson 6 | Work Experience Options |** 09/12/24

Secondary Topic: Demonstrating Perseverance

## UNIT 3: Self-Advocacy

**Lesson 7 | What Is Self-Advocacy? |** 09/19/24

Secondary Topic: Self-Determination \*

**Lesson 8 | Your Rights & Understanding Your Disability |** 09/26/24

Secondary Topic: Managing Your Time & Responsibilities

**Lesson 9 | Being a Leader in Your IEP |** 10/03/24

Secondary Topic: Collaborating with Others

## UNIT 4: The Job Search

**Lesson 10 | The Job Search Toolbox |** 10/10/24

Secondary Topic: Researching Entry-level Employment

**Lesson 11 | Networking |** 10/17/24

Secondary Topic: Dressing for Employment

**Lesson 12 | The Job Application |** 10/24/24

Secondary Topic: The Job Search Timeline

## UNIT 5: The Job Interview

**Lesson 13 | Preparing for the Interview | 10/31/24**

Secondary Topic: Types of Interviews

**Lesson 14 | Common & Advanced Interview Questions | 11/07/24**

Secondary Topic: Using Your Employment Portfolio in the Interview \*

**Lesson 15 | Post-Interview Actions | 11/14/24**

Secondary Topic: Handling Rejection in the Job Search \*

## UNIT 6: Interpersonal Skills

**Lesson 16 | Social Skills | 11/21/24**

Secondary Topic: Building Emotional Intelligence

**Lesson 17 | Navigating Personal Relationships | 11/28/24 \***

Secondary Topic: Dealing with Peer Pressure

**Lesson 18 | Digital Etiquette & Citizenship | 12/05/24**

Secondary Topic: Evaluating Personal Goals

## UNIT 7: On-The-Job Skills

**Lesson 19 | Starting a New Job | 12/12/24**

Secondary Topic: Reading Your Paycheck

**Lesson 20 | Showing a Strong Work Ethic | 12/19/24**

Secondary Topic: Accepting Constructive Criticism

**Lesson 21 | Safety & Hygiene in the Workplace | 12/26/24**

Secondary Topic: Workplace Benefits \*

## UNIT 8: Financial Literacy

**Lesson 22 | Managing a Personal Budget | 01/16/25**

Secondary Topic: Basic Banking

**Lesson 23 | Being an Informed Consumer | 01/23/25**

Secondary Topic: Using Credit Responsibly

**Lesson 24 | Purchasing & Maintaining a Vehicle \* | 01/30/25**

Secondary Topic: Saving & Investing Your Money

## **UNIT 9: Independent & Daily Living Skills**

**Lesson 25 | Functional Math & Reading Skills \* | 02/06/25**

Secondary Topic: Personal Safety Skills

**Lesson 26 | Self-Care & Mental Wellness | 02/13/25**

Secondary Topic: Planning Balanced Meals

**Lesson 27 | Exploring Housing Options | 02/20/25**

Secondary Topic: Preparing to Live on Your Own

## **UNIT 10: Postsecondary Options**

**Lesson 28 | Career Exploration | 02/27/25**

Secondary Topic: Setting Realistic Expectations

**Lesson 29 | College & Postsecondary Training | 03/06/25**

Secondary Topic: Study Skills for Postsecondary Success

**Lesson 30 | Postsecondary Adult Community Services | 03/13/25**

Secondary Topic: Transportation in Your Community

## **UNIT 11: Advanced On-The-Job Skills**

**Lesson 31 | Disclosing Your Disability & Requesting Accommodations | 03/20/25**

Secondary Topic: Exceeding Expectations at Work \*

**Lesson 32 | Dynamics of the Workplace \* | 03/27/25**

Secondary Topic: Workplace Conflict Resolution

**Lesson 33 | Workplace Evaluations & Advancement | 04/03/25**

Secondary Topic: Leaving a Job

## **UNIT 12: Transition for Your Future**

**Lesson 34 | Navigating Uncertainty About Your Future | 04/10/25**

Secondary Topic: The Summary of Performance

**Lesson 35 | Getting the Most out of Transition | 04/17/25**

Secondary Topic: Rebranding Yourself \*

**Lesson 36 | Leaving School Prepared | 04/24/25**

Secondary Topic: Using NextUp Over the Summer