

March 2025



Transition Trove

A Quarterly Newsletter Packed with Resources to Prepare Youth with Disabilities for Life Beyond High School.



What are some examples of transition services that can be provided to students with disabilities that can help them reach their postsecondary goals?

Decisions about the specific content of transition services are the responsibility of the IEP Team. Below are some examples of transition services.

Transition services must consider the student's strengths, preferences, and interests, and may include (but are not limited to):

Instruction in:

- Financial planning and management;
- Self-care (e.g., hygiene, health & wellness);
- Independent living (e.g., cooking, housekeeping, home maintenance);
- Time/organizational management;
- Self-determination (e.g., self-advocacy, problem-solving, self-monitoring);
- Social/communication skills (e.g., peer relationships);
- Leisure skills; and
- Job-specific and soft skills for employment.

Community Experiences:

- Travel training to settings similar to those of their age peers (college campuses, work settings, community settings);
- Enrollment in postsecondary education programs* (e.g., vocational-technical programs, adult basic education, college programs, apprenticeships, dual enrollment);
- Career and technical education (CTE) programs;
- Community access (e.g., accessing community services, social roles/ citizenship); and
- Peer mentoring and career mentoring.

The development of employment and other post-school adult living objectives:

- Referrals and interviews with adult-serving agencies or State VR agencies;
- Participation in any or all five required pre-ETS;
- Arrangement of work-based learning experiences, work study, and paid work;
- Embedding self-care/independent living skills instruction into academic coursework and class/program procedures; and
- Supports to access other services or post-school/adult environments (e.g., completing a housing application, navigating access to adult healthcare providers (including Medicaid), opening an Achieving a Better Life Experience (ABLE) account, applying for college, scheduling an appointment with disability support services in college, obtaining Social Security Disability benefits).

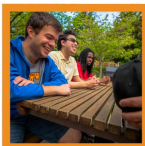
#ThinkHigher. #ThinkCollege.



[Think College](#) has launched a public awareness

**Think Higher.
Think Friendship!**

> ThinkHigherEd.net



campaign to promote college opportunities for students with intellectual disability.

The campaign goals are to:

- *Inform educators and transition professionals*
- *Ensure college options are explored during transition planning*
- *Reach higher education professionals*
- *Increase the number of IHEs enrolling students with intellectual disability*
- *Build student and family awareness and preparation*
- *Raise awareness about college options for students with intellectual disability and encourage preparation in high school*

What is Inclusive Postsecondary Education?

Inclusive postsecondary education (IPSE) refers to people with intellectual disability being enrolled in colleges and universities. It may also be called inclusive higher education. Students with intellectual disability enrolled in IPSE programs attend college with other peers with or without disabilities. These students have access to academic classes, internships, social clubs, Greek life, athletics, recreation, residence and dining halls, campus offices, and employment opportunities. Students take classes for audit or credit and work toward earning a certificate or credential. When they have completed their coursework, they graduate from their program and go on to more learning opportunities or to live and work in the community.

Why is IPSE important?

College offers students with intellectual disability:

- *Access to inclusive adult learning options*
- *Access to employment preparation via internships and work-based learning experiences*
- *Access to campus living opportunities*
- *Opportunities to plan for their future like other college students*
- *Opportunities for better employment and independent living outcomes*

CLICK HERE TO LEARN MORE

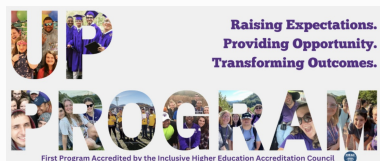
Inclusive Postsecondary Education Options in North Carolina



University Options in NC

(Click on the colored blocks below or logos to access information about each program.)

**Western
Carolina
University UP
Program**



The WCU UP Program provides an inclusive, two-year, on-campus living and learning experience for college-aged persons with intellectual disability. The goal of the program is to facilitate UP students' transition from secondary school to adult life with education, employment, and independent living. The UP program currently enrolls up to 12 students at a time.

**UNC
Greensboro
Beyond
Academics**



Beyond Academics, is a program for students with intellectual disabilities who are interested in furthering their education. Integrative Community Studies is a four-year certificate program – awarded by UNCG's Office of the Provost – that emphasizes self-determination, life planning, and career development. Enrolled students develop a personalized college support plan to optimize their curricular and co-curricular experiences while enrolled in the program of study.

**NC State
University
Elevate**



Elevate is an inclusive postsecondary education program (IPSE) that provides a person-centered campus experience for students with intellectual and developmental disabilities (IDD) opportunities to 'think and do' in order to enrich academic knowledge, transform career and occupational skills, and advance personal and social development.

**APP STATE
Scholars with
Diverse Abilities
Program (SDAP)**



The Scholars with Diverse Abilities Program (SDAP) prepares college students with intellectual disabilities for personal growth and occupational success with a focus on health and wellness. The goal upon completion of the four year non-degree program is that students obtain competitive, integrated employment and are empowered to live independent, healthy, and fulfilling lives.

**Wingate
University
Julia's
Learning**



Julia's Learning is a living, learning, exploring, and working program which enables persons with intellectual or developmental disabilities to have a Wingate University college experience, leading to independence, autonomy, self-worth and meaningful lifelong employment. Students work toward earning a two-year certificate and will take part in inclusive classes, live on campus and participate in the full sweep of student life.

**UNC Wilmington
Inclusive Futures
Program**



The Inclusive Futures Program (IFP) is a comprehensive postsecondary education program for individuals with intellectual disability in Southeast North Carolina. The program is designed to provide an inclusive opportunity for participants to continue their education, increase independence and self-determination, and achieve competitive employment through evidence-based practices and community partnerships.

**UNC Chapel Hill HEELS 2
Transition**

UNC Chapel Hill HEELS UP



HEELS 2 Transition (H2T) offers a range of strengths based programs supporting young adults with intellectual and/or developmental disabilities toward a self-determined life. HEELS 2 provides learning opportunities both in and out of the classroom. They teach skills in career development, mental health, goal setting, life skills, college academics, and navigating life as an adult.

HEELS UP

HEELS UP is an inclusive higher education program where students with intellectual disabilities transitioning to adulthood access impactful opportunities to pursue personal goals in academics, employment, community engagement, and beyond. Our students benefit from the premier teaching, research, and service conducted throughout the University of North Carolina at Chapel Hill.

Community College Options in NC

AB Tech Community College - [Successful Occupational Achievement Readiness \(SOAR\)](#)

Alamance Community College - [Career College](#)

Brunswick Community College - [Access to Achievement](#)

Cape Fear Community College - [Essentials Program](#)

Catawba Valley Community College - [ABE Academy](#)

Central Carolina Community College - [BELL Academy](#)

Central Piedmont Community College - [I-LEAD Program](#)

Coastal Carolina Community College - [College and Career Readiness Program](#)

College of the Albemarle - [Transitional Opportunities Program](#)

Craven Community College - [Transitions Academy](#)

Davidson-Davie Community College - [Occupational Network](#)

Edgecombe Community College - [Adult Basic Education \(ABE\)](#)

Fayetteville Technical Community College - [College and Career Readiness](#)

Guilford Tech Community College - [POWER Pathways](#)

Halifax Community College - [Adult Basic Education \(ABE\)](#)

Haywood Community College - [Adult Basic Skills](#)

James Brunt Community College - [Giving Everyone A Role in Society \(GEARS\)](#)

Johnston Community College - [Access to Achievement](#)

Mayland Community College - [Life Skills/Work Skills Academy](#)

McDowell Tech Community College - [Access to Achievement](#)

Nash Community College - [Adult Basic Education \(ABE\)](#)

Pitt Community College - [Career Academy](#)

Randolph Community College - [Adult Basic Education \(ABE\)](#)

Richmond Community College - [Next Steps](#)

Robeson Community College - [Access to Achievement](#)

Rowan-Cabarrus Community College - [Skills, Opportunity, Awareness, Readiness \(S.O.A.R.\)](#)

Sampson Community College - [ACE Program](#)

Sandhills Community College - [Access to Achievement](#)

South Piedmont Community College - [Compass Education Program](#)

Stanly Community College - [Access to Achievement](#)

Wake Technical Community College - [Pathfinder Career Exploration Program](#)

Introducing...

Work Together NC's new Employment Toolkit!



Work Together NC

Possibility to Opportunity

[Work Together NC](#)'s toolkit helps people with intellectual and developmental disabilities (IDD) explore job options, get ready for work, and find inclusive employment opportunities in North Carolina. The best part? Its free, ready to download, and easy to incorporate into lessons and services you're already providing! Whether you're an educator, an adult service provider, or a loved one to someone with someone with IDD, this toolkit will help you support individuals to set and achieve their employment goals!



[Take me to the toolkit!](#)

FREE Pre-ETS Program for NC Youth!



TRANSITION PROGRAM

Advancing Confidence, Higher Independence, Employment, and Vocational Education

Pre-Employment Transition Services, known as Pre-ETS, are services and activities to help students with disabilities prepare for postsecondary education and employment.

ECAC's ACHIEVE Transition Program is a statewide, virtual Pre-ETS program designed for NC students with disabilities, ages 14 to 21. This program is available to those enrolled in an educational program who are eligible or potentially eligible for EIPD services and have a recognized need for Pre-Employment Transition Services. ACHIEVE is accessible to students in various educational settings, including those who are homeschooled, or enrolled in traditional public schools, charter schools, virtual schools, private schools, early college programs, vocational schools, college courses, or training programs. The ACHIEVE Transition Program offers a comprehensive curriculum designed to equip students with the skills and knowledge they need for successful transitions from school to work and into adult life.

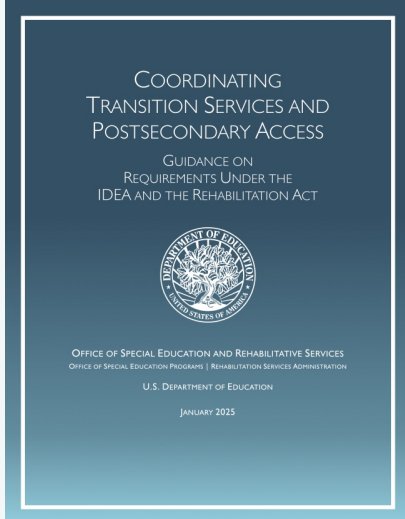
TOPICS COVERED:

- Job Exploration Counseling
- Self-Advocacy Skills
- Workplace Readiness
- Resume Development & Job Application Practice
- Interviewing skills
- Financial Literacy
- Handling Work Related Conflict and Social Interactions

CLICK HERE TO LEARN MORE ABOUT ACHIEVE & TO APPLY

TRANSITION RESOURCES

(CLICK ON DOCUMENT IMAGES BELOW TO DOWNLOAD)



This guidance supports states in their work to increase postsecondary education options and opportunities for individuals with disabilities, including students and youth with intellectual disabilities, through participation in comprehensive transition programs and postsecondary education at institutions of higher education (IHEs).



ECAC's IEP Road Map for Families provides a detailed guide featuring the North Carolina's IEP forms to help families prepare for IEP Meetings. Our Road Map includes useful tips for families including information on secondary transition, the age of majority and postsecondary goals and supports.

[CLICK HERE FOR A PDF OF THIS NEWSLETTER](#)



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