

Transitioning Youth Resource Fair Oct 26, 2013 -
Young Adult Workshop Descriptions
CC – Campus Center Montgomery College Rockville

9:15 - 10:00 a.m.

Imagine Working

George Tilson, Career and Workforce Development Consultant Do you have a dream job in mind? What can your dream job tell you about how to build your career step by step? In this session, participants will learn how to create a Positive Personal Profile, a career dream analysis – and a job search plan that focuses on immediate next steps you can take towards achieving your career goals. CC – 207

10:15 – 11:00 a.m.

What Do You Do For Fun?

Led by Abby Lubran, Potomac Community Resources (PCR) Hands-on introduction to recreational, therapeutic, and social opportunities for teens and adults with developmental differences in your community. Learn about programs that promote healthy lifestyles and personal growth plus create friendships. Try it - you are sure to find something you like. CC – Faculty Dining

Young Adult Panel: How Did You Get Where You Are?

Moderated by Coco Polomeque, Hangout Hive Facilitator A panel of young adults will discuss post-secondary education and career choices. CC - 207

11:15 – 12:00 p.m.

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Self-Advocacy: What Should I Say?

Ruth Brodsky, college consultant

Are you used to your parents making sure you get accommodations? What happens when you get an unfair grade? Have you ever seen your IEP or 504 Plan? It's time for you to become a self-advocate: it will open more opportunities for you in school, home, and at work. Share stories of self-advocacy, role-play new and practical skills to become better at it. Students can become active participants on the IEP team, engage in meaningful conversations with teachers or employers, and initiate discussions with counselors or case managers. CC-207

12:15 – 1:00 p.m.

Role Play for Real Life

Nicolette Stearns, Founding Director ArtStream

This dynamic workshop empowers participants to practice real world scenarios in a fun and supportive environment. We will use acting techniques to imagine ourselves as characters from real life. Come create a social skills toolbox with ArtStream. All you need is your imagination to learn some important life skills in this fun yet practical workshop! CC – Faculty Dining