



Resources for Discovering ME! Students and Families

School closures due to the threat of coronavirus are a challenge for schools, families, and students. Health and safety are the most important hallmarks during this time. However, your experience with Discovering ME! does not need to end. During this unprecedented time, you can continue to focus on the opportunities the team developed for the home. Below are some tips and resources the Center on Transition Innovations developed for you to consider and utilize in order to continue Discovering ME! in the home. If you have any questions or concerns please contact Lisa Holland at ldholland@vcu.edu or Kendel St. John at kstjohn@vcu.edu.

Tips for Extending Discovering ME! During Teleschooling

DO	DON'T
<ul style="list-style-type: none">a) Continue the opportunities to the best of your ability with the demands of the home.b) Take small steps toward extending the opportunities once a skill is mastered.c) Ask questions and reach out for help when needed.d) Consider how students can contribute as new tasks at home emerge during this time.	<ul style="list-style-type: none">a) Stress. Just do what you can.b) Focus too much on progress. The progress will happen over time.c) Ignore health and safety.

Resources for Extending Opportunities in the Home

- 1) **Discovering ME!: 7 Steps to Teach a New Skill to Mastery:** This is not just for a new skill. This is a great resource to return to when you extend an opportunity as a reminder of how to teach a skill.
- 2) **Data Collection Sheets:** Allow the user to see the steps to each task laid out in order and to notice which steps might cause a user trouble. Ask for help if you aren't sure how to use data collection sheets.
- 3) **Virtual Job Shadowing:** We might not be able to get out as much, but there are still opportunities to see how people work. Check out these links for virtual job shadowing opportunities.
<https://www.careeronestop.org/Videos/CareerVideos/career-videos.aspx>
<https://www.drkit.org/career-videos/>