**ME! Lessons for Teaching Self Awareness and Self Advocacy**: This is a full curriculum including lesson plans that connect to the Common Core, Student Materials, Teacher Materials and additional teacher resources. These are all in Word document form and can be downloaded for classroom use at no cost.

<http://www.ou.edu/content/education/centers-and-partnerships/zarrow/trasition-education-materials/me-lessons-for-teaching-self-awareness-and-self-advocacy.html>

**Soft Skills in the Work Place**: Online book from Saddle Back College (Ca) - This site provides an online book that has information about the soft skills needed for the work place with a series of videos explaining each. This could easily be used in classroom instruction. [http://www.saddleback.edu/book/](http://www.saddleback.edu/book/export/html/4405)

**I’m Determined** – This site takes students through a series of lessons leading to self-determination and goal setting tools. A great resource for HS teachers working on transition goals. <http://www.imdetermined.org/>

**Skills to Pay the Bills**The curriculum Skills To Pay the Bills was developed by the Department of Labor and is free including lesson plans, materials and videos. Topics include: Communication, Attitude & Enthusiasm, Teamwork, Networking, Problem Solving and Professionalism.

Curriculum:  
<http://www.dol.gov/odep/topics/youth/softskills/softskills.pdf>

Videos:  
<https://video.search.yahoo.com/yhs/search;_ylt=AwrTccicjYlVkF4APLgnnIlQ;_ylu=X3oDMTEzOWlpMXBsBGNvbG8DZ3ExBHBvcwMxBHZ0aWQDRkZHRTAyXzEEc2VjA3Nj?p=Skills+To+Pay+the+Bills+Video+Series&fr=yhs-mozilla-001&hspart=mozilla&hsimp=yhs-001>

Order a free DVD with discussion guide: <http://promotions.usa.gov/odep.html#youth>

**National Secondary Transition Technical Assistance Center** (University of Washington)

This site has a wealth of information about transition and includes sample assessment tools.

<http://nsttac.org/content/age-appropriate-transition-assessment-toolkit-3rd-edition>

**Career Ready Lesson Plans: Posted by Washington State Public Education,** these lessons were designed to assist Students who are interested in non-four year college options after high school. Starting in middle school, the Career Ready lessons contain work and career elements that correspond with the student High School and Beyond Plan’s postsecondary options. <https://www.k12.wa.us/SecondaryEducation/CareerCollegeReadiness/CareerReady.aspx>

**Project Access**

<http://projectaccess.uoregon.edu/>

These resources were developed as a collaborative effort between Oregon's Office of Vocational Rehabilitation (VR), public high schools in three Oregon school districts, and researchers at the University of Oregon. On this site you will find a variety of resources including lesson plans, information for schools, VR and students.