

Transition Support Center



Strafford Learning Center

How to get in touch with us

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Come to us, or we'll come to you

One of the five primary goals of the Transition Support Center is to help our students with work readiness by exploring potential careers and giving them exposure to as many different jobs and careers as possible.

The fourth quarter of the school year has included school trips and guest speakers who have come in to help our students learn about some of those opportunities. We also still hope to have Sean Hoeing of Safran Aerospace Composites join us before the end of the year.

Kim Hashem-Dugal of Great Bay Community College, and Scott Spradling of the Spradling Group, a Public Relations organization, each came

in to talk about career options and pathways to achieve them. Mrs. Hashem-Dugal spoke to the group about different pathways they could pursue through Great Bay Community College at either the Rochester or Portsmouth campus, while Mr. Spradling described his own career path from being a reporter for WMUR, Channel 9 to running his own public relations business. In addition to having professionals visit us, we also went to Water Country to learn about jobs and careers at the Portsmouth water park. We learned that Water Country needs a number of employees, ranging from obvious



roles like life guard and ticket window workers, to less obvious roles like scientists who maintain the health of the thousands of gallons of water that cycle through the park on a given day or the Dipping Dots salesperson. (I admit, I had not heard of Dipping Dots, much to the disapproval of our students.)

Thank you again to these professionals who took time out of their own days and lives to support our students as they find their own pathways to the professional world.

- Terrill Covey

Exploring Nature this Summer

Living in New Hampshire, we are surrounded by landscape that can provide us with endless adventures and many opportunities to be outdoors. Not every outdoor adventure needs to be a five-day overnight hike through the challenging terrain of the White Mountains. There are many outdoor opportunities that our state has to offer. You can take a peaceful nature walk through the Gonic Trails in Rochester or at Willand Pond in Somersworth. Climb a fire tower at Pawtuckaway State Park in Nottingham. Walk the sandy trails of Ordiorne State Park in Rye. Take on a bigger challenge by hiking Mt. Major near Alton.

Being outdoors does not limit you to nature walks or hikes. There are many mountain biking trails and bike paths that you can explore. Having the luxury of being near the



seacoast gives you access to fishing, swimming, surfing, or catching some sun at the beach. With over 900 bodies of water in New Hampshire, this opens up the opportunity for water activities. Give kayaking or canoeing a try on one of the many lakes in the state. Find a pond or stream and cast a line to catch fish. Grab a tube and float down the Saco River. There are many activities that are available to us right in our backyards. Take some time this summer to explore nature in whatever way interests you most. You might try something new and realize you have discovered a new hobby! Maybe you will make new friends through a common interest that involves being outdoors and active. However you decide to spend your summer, I hope that it is full of sunshine and fresh air!

- Courtney Boisselle

Transitioning into Summer

Academic Readiness

- Ask staff about designing a summer course that could help you earn credit!
- Talk to your teachers to have them provide you with summer school work to keep your skills sharp!
- Go to your local library and check out some books to read!



Two students enjoy a friendly egg toss problem solving activity.

Work Readiness

- Apply to local businesses to work a part-time summer job! Many businesses are busier in the summer and need extra help.
- Research summer volunteer opportunities near you to help gain work readiness skills!

Self-Determination

- Create a list of attainable goals you have for yourself this summer!
- Try stepping out of your comfort zone and try something new!

Independent Living

- If you're old enough, practice driving with a parent and brush up on your driving knowledge. Check in with staff to get a driving manual for the summer!
- Use your cooking skills to help out with summer cookouts or making yourself some delicious food!

Wellness

- Try a new hobby this summer!
- Get active by taking a swim, hiking on local trails, or going for a bike ride!

Message from the Director:

What a phenomenal year this has been! Our rollout of the Transition Support Center (TSC) has proven itself to be a powerful resource for students and school districts looking for a solution to addressing individual needs. Students participating in the TSC have used their time to help them earn additional credit, explore future career options, develop social/emotional skills and learn to work within a functional social group. This isn't always easy given the diversity of students and the individual narratives they bring with them. Somehow it works out and students are seeing the progress they have hoped for. Our students have excelled at stepping outside their comfort zones by engaging in Extended Learning Opportunities. These opportunities have helped them develop the self-determination skills needed for advocating a return to their public high school. The TSC has helped three students see success through graduation. For some this goal was a dream until the TSC supported them in making it a reality. Although the TSC is able to address disabled and nondisabled students it is extremely effective when partnering with COA. Students who need a more targeted approach benefit from having the TSC as a service. This is evident by the number of experiences students have participated in this year, such as going to banks, hiking, getting their driver's license, and more. I am proud of the TSC and all it has to offer. You are welcomed to reach out if you have any questions, thoughts, or ideas on how we can better serve you. Have a wonderful summer and we look forward to seeing you all in the fall. For those who graduated please give us a call anytime to let us know how you're doing. We are proud of everyone of you!

-Paul Newell