

Summer Transitions Program

Location: The Lurie Center in Lexington and Work Sites

Dates: 6/29-8/7 (except 7/3)

On-Site Participant Orientation: 6/25

Participants: Young adults aged 16-22

Transitions is a weekday summer program where young adults, ages 16-22, participate in activities and practice skills that help with the transition to work and college environments. Participants are placed at a volunteer work site two days per week where they receive job-coaching and career skill training. Participants are placed at the volunteer work sites in groups of three with one transition specialist on site. On other days of the week, the participants engage in college exploration, recreational activities, and team-building experiences with a larger group of peers. Find more information in our example schedule (subject to change) below:

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting	Morning Meeting
Community Outing	Volunteer Job Site	Recreational Activity Boating/Hiking	Volunteer Job Site	College Visit or Guest Speaker
		Job Preparedness		Connections
		Mind Body		Goal setting
Elective				Closing
Closing	Closing	Closing	Closing	

Major Weekly Activities

Volunteer Job Site

Participants work at a volunteer job site two days per week and receive variable levels of support from transition specialists to help execute job responsibilities, develop job readiness skills, improve social competence, and stress management skills, and increase self-awareness. Transition specialists remain on-site with participants throughout the day. Sites include Drumlin Farm, Newton Wellesley Hospital, MGH, Powissett Farm, YMCA, and the Lurie Center.

Boating and Hiking

Participants spend time exploring in nature, going on nature walks, hikes, or working together to navigate the Charles River in canoes.

College Visit

Participants go on a tour of a local college and get a chance to explore college life.

Guest Speaker

A guest speaker visits the group at the Lurie Center to discuss topics related to neurodiversity.

Community Outing

Participants spend time together on a recreational community outing in the Greater Boston area.

Other Activities**Electives**

Participants have time to enjoy their favorite activities together and meet folks from other groups; activities in the past have included pride, art club, film club, and gaming.

Job Preparedness

Participants engage in activities and receive instruction aimed at supporting them in adjusting to the demands of work; improve capacities to observe the social aspects of their work environments; practice interview skills and resume writing.

Mind Body

Participants learn about the science of stress and techniques that can help to manage it; ample time is left for practice and discussion.

Connections

Participants select topics from the social world and participate in discussions and activities that focus on those topics.

Goal setting

Throughout the summer, teens reflect on areas where they want to grow, identify ways to do so, and set goals related to these challenges.

Important reminders

Families are responsible for transportation to and from the program (MWF: Lexington, T/TH: volunteer site). We do our best to take into account participant preferences, but we make placement decisions based on a variety of factors including location, availability, and peer group. As a result, participants may not get their first choice of site.

