



**What do today's students need for successful transition to college or employment?**

Self-knowledge



Ability to plan



Research skills



Successful young adults are supported and encouraged to develop:

- ✓ sophisticated soft skills – managing social relationships, communication, language, interpersonal interaction, leadership, confidence.
- ✓ proficient technical skills – use of computer and Internet technologies, ability to research and navigate information, time management and organisation techniques.

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## Personalised Transition Planning

We work with students and parents or carers to build an Individual Transition Plan. We use a Transition Assessment and Planning Intervention designed uniquely for MyUniPlan, which includes:

- ✓ **Initial assessment of strengths and challenges.** This is when we decide on tasks, actions and goals that make up the Individual Transition Plan. These are amended after each review session. This ensures that the student is making continual progress towards personal development.
- ✓ **Termly / annual review session.** We meet with students and parents at the beginning of each school year to establish a new Individual Transition Plan, and thereafter at the conclusion of each school term. This ensures regular feedback to build confidence, encourage progress and gives all transition partners an opportunity to voice their opinions, needs or concerns.
- ✓ **Person-centred planning.** The core of Individual Transition Planning is to ensure that goals are based on the viewpoints and needs of students. We work with students and parents to ensure that these are captured when identifying transition goals, and that they are specifically tailored to the individual.
- ✓ **Individual goal sessions.** We can provide individual sessions that focus on specific transition goals, for example, developing effective study habits, sleep hygiene, applying to the DARE scheme, mindfulness techniques and using assistive technology.

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## **MyUniPlan Components**

### **Unit 1: Planning and Preparing for Transition**

- (1.1) Self-awareness;
- (1.2) Self-determination;
- (1.3) Self-advocacy.

### **Unit 2: Developing Study Skills**

- (2.1) Learning How to Study Effectively;
- (2.2) Organising the Environment and Managing Time.

### **Unit 3: Exploring Post-transition Options**

- (3.1) Gathering Information;
- (3.2) Talking to People.

### **Unit 4: Using Technologies and Supports**

- (4.1) Using Supports and Resources;
- (4.2) Using Technologies to Support Learning.

### **Unit 5: Learning to be Independent**

- (5.1) Daily Living Tasks;
- (5.2) Money and Housing;
- (5.3) Health and Social Relationships.

### **Unit 6: Managing the Transition Bridge**

- (6.1) Applying to DARE / HEAR;
- (6.2) Managing CAO offers;
- (6.3) Communicating with College Supports and Services;
- (6.4) Steps to Registering in College.

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## How can we begin MyUniPlan?

- ✓ You can contact us by completing the online form on our website.
- ✓ You can call us to make an assessment appointment.
- ✓ You can complete the attached form and post it to us.

All Students under 18 years of age must be accompanied by a parent when attending for assessment.

### **Initial transition assessment**

The initial assessment will take approximately two to three hours but this varies depending upon the age of the student and the school year they are attending. We will begin with a detailed case history and then complete the assessments for each unit that we have identified as a priority.

Everybody will participate in identifying and discussing transition goals and when we have all agreed on these, we will build an Individual Transition Plan which will be emailed or posted to you. You will be able to use the Transition Plan to discuss supports in school.

### **Term / annual reviews**

It is recommended that progress towards each of the goals identified in the Transition Plan is reviewed at least once a term, and at the beginning and conclusion of each school year.

### **Individual goal sessions**

Half-hourly or hourly goal support sessions can be booked weekly or fortnightly by agreement. Individual support sessions might include, for example: study

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skills, time management and organization, identifying post-school options, applications to the DARE scheme.

## **Fees**

Initial Transition Planning Assessment Consultation & Individual Transition Plan  
(up to 2 hours including materials) €200.00

Individual support sessions: one hour €65.00

Termly / annual review session:

Review Assessment (up to 1 hour) plus a new Transition Plan. €100.00

Review Assessment (up to 2 hours) plus a new Transition Plan. €200.00

Payment of fees

Fees are payable in full (cash or cheque) on the day of attendance, unless prior arrangements have been agreed. Credit Card or Laser Card payment facilities are not available.

Appointment cancellations

When you book an appointment for a transition assessment, we will agree on a date and time slot. If you are not able to attend you must let us know at least one working day before the appointment, and you will not be charged. If you cancel on the day of the appointment or fail to attend your appointment, we will charge 100% of the fee due.

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## Hours of business

We are available for Transition Planning consultancy from Monday to Friday, from 9:30 a.m. to 5:30 p.m.

Tel: 087 742 6260 / 01 295 1077

Email: [info@myuniplan.ie](mailto:info@myuniplan.ie)

Twitter: [@caeruseducation](https://twitter.com/caeruseducation)

Web: [www.myuniplan.ie](http://www.myuniplan.ie)

Facebook: <http://www.facebook.com/caeruseducation1>

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## Application for Individual Transition Planning

Please post this form to:

Alison Doyle  
34 Camberley Oaks  
Churchtown  
Dublin 14

**Student Forenames:**

**Student Surname:**

**Date of Birth:**

**Current age:**

**Address:**

**School:**

**School year: TY    5<sup>th</sup>    6<sup>th</sup>    PLC**

**Parent name:**

**Contact details:**

**Preferred appointment days / times:**

**Please contact me to arrange an initial assessment.**

**Signature of parent:**

**Date:**