

FUTURE QUEST 2015

Description of Workshops

Session 1: 8:30 AM – 9:20 AM

Parents Role in College

Dr. Estela Landeros Dugourd, Director, Office of Disability Services, Northern Virginia Community College

Dr. Joan Ehrlich, Coordinator, Interpreter Services Office and Adjunct Professor, Early Childhood Education, Northern Virginia Community College

The transition from high school to college can be a time full of excitement, joy, trepidation, and stress. Parents can play a very important role in their child's college education, but it is very different from the one they had during the K-12 years. Come find out how the laws that protect individuals with disabilities change from K-12 to college, and how you can continue to be an advocate for your sons and daughters and assist in their college success.

Preparing for College: From A-Z

Kelly L. DeSenti, M.S., Associate Dean of Students, Northern Virginia Community College

Preparation for college entails many steps: the selection of schools to apply to, the standardized tests to take, and the documentation to get in order. Beyond these tangible things, a student must also garner the motivation it takes to keep up his/her grades and organize and navigate the journey to college. It is never too early to start thinking of college applications, and if you are currently a senior or even a junior in high school, the time to act is now. This session will explore resources for selecting colleges for application, deciphering the application process, getting your documentation for any diagnosed disabilities in order, and choices available with regard to requesting special consideration and support services. Emphasis will be focused on getting current documentation in order, strategies for organizing your college search, communicating with college counselors, and developing the self-advocacy skills paramount as you enter the college experience.

Financing College Beyond "Pennies from Heaven"

Dale Schmidt, Financial Aid Champion

"Pennies from Heaven" is a great song but not so great a strategy for financing a college education. Students and their families need to know how much they are eligible for and how to obtain aid. The FAFSA and fafsa4caster websites will answer those questions. Then families need to understand grants, loans, and work-study programs as components of financial aid and what future obligations they create.

Making It Happen: College and Beyond

Scott Wilbur, Director, Next Level Transitions Consulting, LLC

Once you get out of high school, it is often tempting to try to leave your disability behind. After all, as a young adult in college or beyond, you will not necessarily be recognized as someone with a disability unless you decide to disclose. However, for everyone, a disability in adulthood brings a special set of challenges in postsecondary education, work, home, and relationships. Fortunately, there are clear ways that adults with disabilities can significantly increase the likelihood of career success and personal satisfaction. Scott Wilbur will discuss how a

combination of effective self-advocacy and specific life skills can make a huge difference for you.

Family Connection/Student Academic Career Planning

The Students' Learning Plan and Family Connection: Where Students Plan and Connect to Their Futures

Lynnette Harris, Project Manager, Student Learning Plan, FCPS

With all that we know about the students who are in or entering our schools and the outlook for work and careers, we need to help students begin to plan for their future before they reach their junior or senior year in high school. The student learning plan is a dynamic process that helps students identify their strengths and interests, explore careers, set age appropriate goals, and build a plan for their future. Join us for a look at this exciting vision for college and career readiness for all students and the electronic tool that supports it.

Learn Job Skills through a Volunteer Experience

Emily Swenson, Deputy Director of Volunteer Fairfax

Volunteering can be a great way to forge new relationships, gain personal satisfaction and social status, hone marketable skills, and for networking opportunities. Learn about how a potential volunteer opportunity can help build your skills. We'll discuss what to think about before embarking on this journey, the parent's role and what to consider making this opportunity a success and how to get started.

Students with Disabilities: High School to College

Betsy Trice, Office of Civil Rights, Attorney-Advisor, US Department of Education

The mission of the Office for Civil Rights, U.S. Department of Education, is to ensure equal access to education. An important priority is increasing access to higher education for students with disabilities. This presentation discusses the differing rights and responsibilities of students and schools under Federal laws at high school and college.

7 Steps for Successful Transition to College for Students with Disabilities

***Extended Session (8:30-10:20)**

Elizabeth Hamblet, Learning Specialist, Columbia University

The transition to college can be challenging for students with disabilities, but with the proper preparation, they can enjoy success! Author and Columbia University learning specialist Elizabeth Hamblet explains how the system for accommodations works at college, describes students' rights and responsibilities within that system, and shares what the research says are the skills students should develop while they're in high school to ensure success when they reach college. She also reviews the documentation students need to apply for accommodations and discusses what accommodations may be available.

Work Opportunities for Individuals on the Autism Spectrum

Dr. Ernst VanBergeijk, New York Institute of Technology

The workshop will review economic trends and employment predictions for individuals with no post-secondary education. Students on the autism spectrum need a different path than the traditional four year college to work route. The speaker will cover three models of education that can be used to transition an individual on the spectrum to the world of work. Those models are: Traditional Vocational Programs, Academically Supported Programs, and Transitional Programs. A six step process will be described in

deciding which model or level of integration in the world of work should be pursued by the individual on the spectrum. The speaker will provide participants with resources and examples of businesses and programs that support employment of people with disabilities.

Learn about Disability Support from College Counselors

Tracy Bell, Disability Counselor, Northern VA Community College

Hope Fisher, Director of Student Access Services, Marymount University

Linn Jorgenson, Assistant Dean of Students/Director Disability Services, George Mason University

This will be an interactive session where participants have an opportunity to ask questions and put a face to disability support services from area colleges. The presenters will describe the typical services offered at colleges and universities for students with disabilities and answer your questions.

Session 2: 9:30 AM-10:20 AM

Finding the Career That Matches Me

Lisa Blakeney, M.A. Certified Vocational Evaluator, Vocational Validation, LLC

Janelle Ellis, Ed.S. Certified Vocational Evaluator/Transition Specialist, Fairfax County Public Schools

An important factor that leads to success in life is feeling good about one's work and career choices. This session will help you identify the importance of matching your temperament, personality, and preferences with your strengths when setting career goals for your future.

College Information and Financial Aid: The Internet Connection

Susan Rexford, Director of College Guidance, Charles E. Smith Jewish Day School

Valuable information for the college and financial aid search is just a mouse click away. Learn about all the great resources available to you on the Internet. Explore information from college web sites, financial aid and scholarship information sites. Leave with a list of web resources to make your college and financial aid search a success.

Organization 911 – Super Charge Your Productivity with Evernote

Dr. Melissa Hartman, Assistant Director of Special Instructional Services, Fredrick County Public Schools

Mark Nichols, Special Education Supervisor of Assistive Technology, LCPS

Have you been endlessly searching for better methods to keep your notes, stickies, web pages and documents organized and accessible from any device? Evernote is the digital version of the radical 1980's style Trapper Keeper! Learn how successfully leverage personal organization and productivity through Evernote desktop and respective mobile apps. Many advanced concepts will be demonstrated such as using Evernote web clipper to create distraction free online reading, using mobile devices to scan files into editable notes, storing documents (PDFs and Microsoft Office files) and much more!

10 Things to Look for in a College Support Program

Nancy McCormick, Coordinator of Registration and Tutor Development, Higher Education for Learning Problems Center

Missi Fisher, Business Manager, Marshall University H.E.L.P. Program

This presentation will discuss important factors parents and students should consider when evaluating and ultimately selecting a support program for their college student. Attendees of this session will receive a copy of “The Search for Support: A College Guide to Finding the Appropriate Support for Students with Learning Disabilities,” which was compiled by our program.

Careers You Can Learn in Two Years or Less

Jill Burrer, Shelli Farquharson, Genie Williford, Career Experience Specialists, Fairfax County Public Schools

There are exciting careers that are in demand and also have earnings potential. Many can be achieved through one or two-year programs offered at community colleges, career and technical schools, and apprenticeship programs. Come and explore some of these programs and gain information about the tools you can use to launch your own career exploration. Some useful strategies for obtaining a career will also be discussed.

Apps for Life Skills

Tony Zipfel, Independent Living Skills Teacher, Fairfax County Public Schools

This presentation will give participants ideas and resources for using iPads to support independent living, social skills, organization, and self-regulation.

I’m Determined: Their Voice & Your Support =Win/Win

Nancy Anderson, M. Ed., Region IV I’m Determined Coordinator, VDOE (Virginia Department of Education) Training and Technical Assistance Center, George Mason University (GMU)

Maria Rivas, I’m Determined Youth Leader

Virginia Department of Education’s (VDOE) *I’m Determined* (<http://www.imdetermined.org/>) project promotes self-determination skills among youth with disabilities in grades K-12. Research shows that youth with disabilities who develop higher levels of self-determination have improved life outcomes. Self-awareness, self-advocacy, goal-setting, and choice-making are among the skills that youth develop through the *I’m Determined* project. In this session, *I’m Determined* Youth Leader Maria Rivas will share how the project’s tools, the Youth and Parent Summit, and leadership opportunities have made a difference in her life. The Region IV *I’m Determined* Coordinator will present an overview of the project, as well as resources for parents, youths, and educators that support youth to become successful self-determined adults.

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Programs. A six step process will be described in deciding which model or level of integration in the world of work should be pursued by the individual on the spectrum. The speaker will provide participants with resources and examples of businesses and programs that support employment of people with disabilities.

Planning for Your College Success

Mary Ann Raybuck, Clinical Social Worker and Mental Health Case Manager for Northern Virginia Community College

Entering college is an exciting and challenging time for students, and the transition may be especially stressful for students affected by psychological disorders. Advanced planning is an important tool to help ensure that your college experience is a successful one! MaryAnn Raybuck, a clinical social worker and Mental Health Case Manager for Northern Virginia Community College, discusses the importance of developing strategies and resources prior to attending college, how to access supports away from home, and ways to maintain a state of emotional well-being.

Keynote: 10:30AM -11:30AM

Justin Graves

Lunch: 11:30 AM – 1:00 PM

Session 3: 1:10 PM – 2:00 PM

Panel Discussion: Young Adults Share High School, College & Career Experiences

Come listen to young adults with disabilities share their experiences and their journeys from high school through college and now adulthood. Learn through their experiences how to best advocate for yourself and for your needs now and in the future. Speakers will talk about what helped them most in high school with transition to where they are now in life, the most significant hurdles they encountered and how they overcame them.

Future Jobs in Virginia and How to Successfully Market Yourself

LaPearl Smith, DARS, Business Development Manager

This presentation will cover Virginia's current labor market with emphasis on largest employers in Northern Virginia, future job growth, highest paying and lowest paying jobs, and the distribution of employment in the metropolitan area. The session will also review essential workplace readiness skills needed to secure employment, job interview preparation, and components of a good resume.

Transitioning to NOVA: What You Need to Know NOW!

Cassandra Asekauno, Transition Counselor, Pathway to the Baccalaureate, NOVA
Amy Dunlap, Assistant Coordinator for Case Management Services, Pathway to the Baccalaureate, NOVA

Thinking about NOVA? Learn about the many programs and services available to you at Northern Virginia Community College, including the GPS 4 Success, Pathways to the Baccalaureate and First Year Experience programs. Find out about NOVA's guaranteed admission agreements with Virginia state colleges as well as private colleges. Information will

be provided about the college transition process, including the intake process for disability services, placement testing, registration, and freshman orientation. Learn what student support services are available at NOVA, and how to access the resources you will need to be successful in college.

Organization 911 – Super Charge Your Productivity with Evernote

Dr. Melissa Hartman, Assistant Director of Special Instructional Services, Fredrick County Public Schools

Mark Nichols, Special Education Supervisor of Assistive Technology, LCPS

Have you been endlessly searching for better methods to keep your notes, stickies, web pages and documents organized and accessible from any device? Evernote is the digital version of the radical 1980's style Trapper Keeper! Learn how successfully leverage personal organization and productivity through Evernote desktop and respective mobile apps. Many advanced concepts will be demonstrated such as using Evernote web clipper to create distraction free online reading, using mobile devices to scan files into editable notes, storing documents (PDFs and Microsoft Office files) and much more!

Yes Virginia, There is an Apprenticeship Program

Joey Teets, ACE Instructional Program Manager

Learn how the modern apprenticeship program is designed to provide career training, not just job training. Explore the variety of careers that participate in apprenticeship training and explore how apprenticeship leads to several different state licenses. This session will explore many facets of this employers training program including how to leverage your knowledge of the program to obtain an apprenticeship and begin your career.

One Size Doesn't Fit All: Consider Your Options for Career Pathways

Dr. Emily Richardson, President, Virginia Career Education Foundation (VCEF)

Use VCEF resources, including the updated www.knowhowvirginia.org website, to explore options for your future. "Start early. Make a plan. Discover your future."

Postsecondary Options for People with Intellectual Disabilities on a College Campus

Renee Z. Bullano, Transition Training Associate, Center on Transition Innovations at RRTC

Long held views that individuals with intellectual disabilities shouldn't or couldn't be exposed to learning in a college setting are being disputed. Virginia is one of several states creating opportunities for students with intellectual disabilities to attend, participate, and benefit in college programs. Session participants will learn about the rationale behind this exciting programming. One successful model will be showcased.

Post-secondary Accommodations for Students with Brain Injury

Jo Thompson, LCSW, CBIS, Pediatric Program Director, Brain Injury Services

Students with brain injuries face unique challenges when transitioning from high school to a post-secondary setting. Changes in cognition, memory and executive functioning can make it difficult to meet the academic demands of college. We will discuss these challenges as well as compensatory strategies, academic accommodations, and support services that students with brain injuries can utilize for a successful college experience.

Let's Talk Transition

Marianne Moore, Office of Special Education Program Improvement, Division of Special Education and Student Services, VDOE

Let's talk about what is happening in Virginia for successful transition in employment, education, training and independent living. What are the resources in Virginia that can help you as a young person or you as a parent support your youth toward adult success? The Virginia Department of Education (VDOE) uses data to enhance positive transition outcomes for students, increase engagement and attendance and decrease suspensions and exclusions. Best practices in instruction and initiatives, such as Project SEARCH and Start on Success, are among the targeted efforts to support youth with disabilities achieve success after high school. The presenter will share information on the newest initiatives of the VDOE and will answer specific questions from participants.

Life on Campus with Autism

Linn Jorgenson, Assistant Dean of Students/Director Disability Services, George Mason University

The discussion will be based on the challenges faced by students with Autism and the domains in which these challenges may arise. Much of the discussion will surround how these obstacles may impact not only the transition to college, but being able to achieve the highest possible quality of life on campus. The presentation will touch on steps that students can take in high school to prepare for postsecondary education environments and provide a review of the types of services that colleges are making available to support them

NAMI Presents: "In Your Own Voice"

***Extended Session (1:10 – 3:00)**

The National Alliance on Mental Illness (NAMI) Northern Virginia is a non-profit, volunteer-based organization that provides education, support, and advocacy to individuals, families, and communities affected by mental illness. The "In Your Own Voice" program is a unique public education presentation, in which trained speakers share compelling personal stories about living with a mental illness and achieving recovery. Throughout the "In Your Own Voice" presentation, audience members are encouraged to offer feedback and ask questions.

Session 4: 2:10 PM – 3:00 PM

College: Finding a Good Fit for Students with Learning Differences

Judith Bass, Founder of Bass Educational Services, LLC

Have you ever wondered how to narrow down the list of colleges for a student with learning differences? In this presentation, participants will learn about the wide range of support available on college campuses today; specific ways to determine which colleges can meet the needs of students with learning differences, including social support, tutoring for specific learning differences, and ADHD coaching; and how to evaluate the quality of the learning support. Specific colleges will be mentioned as examples of the above. The presentation will conclude with a 15 minutes question and answer period to address any issues not discussed or that need further clarification.

Student Perspective on starting at NOVA and Transitioning to a 4 Year College

Josh Anton, Founder- X- Mode Social

This seminar will provide participants with an in depth student perspective on the collegiate journey from high school student to near graduate. Joshua Anton, a Northern Virginia Community College Graduate (2012) and a current 4th year at the University of Virginia, McIntire School of Commerce (2014) will recount his time as a student in community college and at the University of Virginia.

Underlying themes that will be discussed during this seminar will include:

- How Mr. Anton overcame being kicked out of his house as a senior in high school
- The transition from being a high school student to a college student
- Strategies he used to navigate the financial aid process
- How Mr. Anton learned to manage his ADHD in his classes
- The importance of student life in his development as a leader and entrepreneur
- The transfer process from NVCC to the University of Virginia
- How Mr. Anton determined what he wanted to do after college

Metro is for Everyone

Gernae Weaver, Metro System Orientation Specialist

The Washington Metropolitan Area Transit Authority offers several programs promoting transportation independence for people with disabilities. The Metro Reduced Fare Program allows people with qualifying disabilities to ride at a reduced fare on most transit agencies in the Washington metropolitan area. Along with cost saving reduced fare, disabled individuals who are interested in learning how to ride public transportation can be travel trained free of charge.

How Parents Can Help Their Child Develop Self-Advocacy

Dr. Linda Guly, Professor of Psychology, Marymount University

The world beyond the close supervision and structure of school and family can be a scary one for us parents! As emerging adults, our children must separate from us as they enter postsecondary educational and vocational settings. Our task is to support their ability to make decisions, solve problems and advocate for themselves. In this interactive workshop we will consider: 1) The identity formation process of our emerging adults, 2) Balancing exploration and risk-taking with the “secure base” of family, and 3) Cultivating our emerging adult’s professional interaction skills in college and in the workplace.

Employment Search Strategies and Virginia’s Workforce Development Centers

Nadia Conyers, Workforce Development Specialist, Arlington Employment Center

Workforce Development Specialist, Ms. Conyers, will discuss skills and strategies to assist students with disabilities as they search for employment and review resources available at the Arlington Employment Center and other workforce centers throughout Virginia.

Estate Planning and Guardianship for Individuals with Disabilities

Michael D. Toobin, Attorney at Law

Families with a member who has special needs face a myriad of unique legal matters. These include estate planning issues and guardianship. This workshop will address the following issues:

- The need to plan: it must be in writing

- Basic estate planning: what documents everyone must have
- Special needs estate planning: including the various special needs trusts - because there are more than just one
- Guardianship
- Conservatorship
- Alternatives to these legal proceedings: protecting our young adults.

Disability Disclosure: Collaborating with your Employer to Thrive in the Workplace
Matthew Barkley, Director of Disability Services Planning and Development, Fairfax County Government

For individuals with hidden disabilities, there are many issues to consider when talking with an employer about workplace accommodations. This session will provide you with strategies to use when talking to an employer about your disability so that you will be able to succeed at your job, even in the most challenging workplace scenarios. We will discuss all the factors that should be considered before deciding whether or not to disclose your disability, how to do so appropriately, and how civil rights laws can help you secure the accommodations you need to excel in your career. The information presented is relevant to the postsecondary education environment as well.

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What You Need to Know: Strategies for College Success!

Dr. Ralph Perrino, Professor, Northern Virginia Community College and Owner/Director, Northern Virginia Tutoring Service, LLC

Ms. J. Denise Perrino, Fairfax County Public Schools Teacher, Retired and Operations Manager, Northern Virginia Tutoring Service, LLC

Dr. Perrino and Ms. Perrino will help students understand how to be successful in a college classroom. They will discuss:

Different learning styles and how to recognize each style

- Organization and time management strategies
- Study strategies that will help the learning process
- Test-taking strategies
- How to tackle an essay question
- Strategies for self-advocacy in a college environment