



**STOP & THINK** is a memory aid to help professionals, parents, and students with ASD create transition IEP goals to help prepare for postsecondary success

## **S**ELF: THE 4 SELFS

The four selfs include things you need to learn about yourself and strategies that help you take control of your life.

SELF  
ADVOCACY

SELF  
AWARENESS

SELF  
MONITORING

SELF  
REGULATION



## **T**HEORY OF MIND

Learning how to interpret signals to understand what others are thinking and feeling will support postsecondary success.



## **O**RGANIZATION

Target skills to support executive functioning--planning, chunking, task analysis, using electronic aides, and related ways to achieve excellent grades and career options.



## **P**ROBLEM-SOLVING

Students who can think creatively, show flexibility and use problem-solving strategies in team work will be prepared for the many new situations postsecondary education will present.



## **T**AKING RESPONSIBILITY

Fading supports and setting expectations that young adults take responsibility for their own actions and needs will support postsecondary independence.



## **H**YGIENE & PRESENTATION

Developing grooming and hygiene routines will support employment and social interactions during and after high school.



## **I**NTERPERSONAL INTERACTION

Social skills instruction should target interpersonal interactions with peers and authority figures.



## **N**EGOTIATION

Teach the skills needed to negotiate a compromise.



## **K**NOW THE CULTURE

Being prepared for the culture of postsecondary education and the world of work will promote a smooth transition



watch the video here:



Florida  
Developmental  
Disabilities  
Council, Inc.



UCF

**Center for Autism  
and Related Disabilities**

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