



OPTIONS FOR TOMORROW

*Transition Planning for the Future
Produced by the Anchorage School District STEP Center and
the Secondary Special Education Department*

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Options for Tomorrow is a publication for secondary special education transition planning for the future. It is distributed quarterly (September, January, March and May) To subscribe or unsubscribe to this newsletter, call 742-3868 or email: loutrel_barbara@asdk12.org.

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A New Year ... A New Semester ...



What you need to be aware of...

1. A fresh start: The new semester begins on Jan. 8, 2007. If you withdrew from school previously, you can register for classes and Special Education services will resume.
2. Credit Recovery: Check your credits, and if you need to make-up credits, you can do this outside the regular school day by enrolling in the pre-approved ASD classes. Check with your counselor about this option.
3. High School Graduation Qualifying Exams (HSGQE) for 11th & 12th graders: April 3, 4, 5, 2007
Be sure you take the classes that will help you pass the exams.
4. HSGQE for 10th graders: April 3, 4, 5, 2007
This will be the first time for sophomores to take the tests (Reading, Writing and Math). Parents will receive two sets of scores: one that reflects which tests the student passes and one that reflects scores on the state standards based assessment (SBA).

The ASD Websites gives good information about the HSGQE and assessments including sample tests:

http://www.asdk12.org/depts/assess_eval/

Other dates to remember:

SAT Test: Jan. 27, March 10, May 5, June 2

Go to the website for registration information and deadlines:

<http://www.collegeboard.com/splash/>

ACT Test: Feb. 10, April 14, June 9, 2007

Go to the website for registration information and deadlines:

<http://www.actstudent.org/regist/currentdates.html>

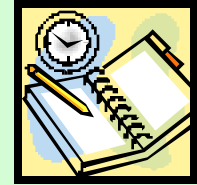
Career Advisors

Career Resource Center (CRC): A student's first step in the search for scholarships, grants and loans should be to visit the CRC at their high school. The advisors have lots of great resources, advice and are there to assist students in what can seem like an overwhelming process.

CAREER ADVISORS: Every ASD High School has a career advisor. Their job is to disseminate information to all students regarding college information, deadlines, testing information, and career information.

Here are the ASD Career Advisors for 2006-07:

Bartlett-Elsie Graham
Chugiak-Candi Dixon
Dimond-Shirley Reeves
East-Vonnie Gaither
Eagle River-Pam Pawloski
KCC-Liz Lake
Service-Yuko Benedetti
South-Ramona Suetopka-Duerre
West-Paul Burton



Accuplacer Early Testing Program

Brought to you through a partnership between the Anchorage School District and the University of Alaska-Anchorage.

What seniors should know.....

You should take it if:

You are a senior but have NOT yet taken the ACT or SAT

You are considering apprenticeship programs

You are considering technical training

You are planning to attend UAA

You don't have any idea what you want to do

You took the ACT/SAT/ but scored below 530 on the SAT or below 22 on the ACT

Statistics show that 30-50% of students entering 2 and 4 year college programs require remedial course work.

Students taking developmental/remedial courses are paying college tuition for classes that will not count for college credit (generally, 100 level classes and above are required for credit).

Some apprenticeship programs are now using Accuplacer results to determine eligibility and qualifications for their programs.

Contact your school Career Advisor or Counselor for dates of this test so you can plan ahead if it is only administered once a year.

College: Continuing and Higher Education

There is a wonderful website full of articles, guides and resources for those who are just getting started, seeking the best college fit, navigating financial aid, or are just curious as to what's out there and how to plan. This extensive website has college related articles on Learning Disabilities, ADHD, Autism, Brain Injury, Blind/Visually Impaired, Hard of Hearing/Deaf and much more.

Go to: <http://www.wrightslaw.com/info/college.index.htm>

Colleges with programs for learning disabled students

Almost all colleges and universities provide some level of services and/or accommodations for learning disabled students, as mandated by the Americans with Disabilities Act (ADA). The colleges and universities listed on this site go a step further...they offer programs, some quite comprehensive, designed to support students with learning disabilities.

http://www.college-scholarships.com/learning_disabilities.htm

College and College Prep from LD Online

More and more students with learning disabilities are enrolling in college and universities. And more and more higher education institutions are offering support programs for students with LD. Here they've assembled information to assist in the planning and selection process, plus lots of advice on creating a successful post-secondary education experience.

<http://www.ldonline.org/article/c675>

FAFSA

What is it? Free Application for Federal Student Aid sponsored by the U.S. Dept. of Education

Why do I need it? All students interested in applying for financial aid for college will need to complete the application.

How do I do this? Go to this website: www.fafsa.ed.gov/ and follow the directions

Deadline for application: July 2, 2007

College Funding Strategies for Students with Disabilities

Go to:

<http://www.washington.edu/doit/Brochures/Academics/financial-aid.html>



What Is Seasonal Affective Disorder?

A form of depression that follows a seasonal pattern, seasonal affective disorder (SAD) appears at the same time each year and disappears at the same time each year. With SAD, a person typically experiences symptoms of depression as winter approaches and daylight hours become shorter. When spring returns and the days become longer again, a person with SAD experiences relief from their symptoms, returning to a normal mood and energy level.

What Are the Symptoms of SAD?

Like other forms of depression, the symptoms of SAD can be mild, severe, or anywhere in between. Milder symptoms interfere less with someone's ability to participate in everyday activities, but more severe symptoms can interfere much more.

The symptoms of SAD are the same as those of depression, but simply occur during a specific time of year. It's the seasonal pattern of SAD - the fact that symptoms occur only for a few months each winter (for at least 2 years in a row) but not during other seasons - that distinguishes SAD from other forms of depression.

For more information on SAD go to: http://www.asdk12.org/staff/johansen_annette/pages/Website%20real%20text/SAD.html

The Gift of Time: Volunteering Opportunities for Youth and Adults

Please consider being a Surrogate Parent!

Are you looking for a way to volunteer in a meaningful way? Finding surrogate parents for schools has been difficult. Many children are in circumstances which require that they have a surrogate parent who may represent them in all matters relating to the identification, evaluation, and educational placement and the provisions of Free & Appropriate Public Education (FAPE).

The surrogate parent acts in place of a parent and meets the following qualifications:

- 1. Has no personal or professional interests that could conflict with the interests of the child.*
- 2. Is not employed by the state education department or any public agency that is involved in the education or care of the child.*

If you are interested in being a surrogate parent, please call 742-4048 or 742-4281 for more information.

National Day of Service:

**Martin Luther King Day of
Volunteering
January 15
from 12:30-5 p.m.**
*Volunteer to mentor young children in educational and recreational activities. They also need help labeling and sorting donated books. Events are at 6 Community Rec. Centers: Mt. View, Fairview, Spenard, Lidia Selkregg Chalet, Kincaid Outdoor Center, Northeast Community Center
Youth Volunteers needed.
Call 343-4288 for information.*

Educational Opportunities

February 17 - 23, 2007
Anchorage Alaska
Sheraton Downtown



Alaska Statewide Special Education Conference

ASSEC 2007 *Many pieces, one big picture*

MANY PIECES, ONE BIG PICTURE

The big picture is perhaps represented best by the richness and complexity of a large puzzle. The many pieces of No Child Left Behind fit nicely with IDEA 2004 and as they come together with early learning, student self-determination, assistive technology, individualized interventions and family and community supports the pieces create each student's unique picture. Throughout the creation, at times the right piece is found only after many tries and other times pieces slide smoothly into place on the first try. The ultimate goal of us coming together is to create quality education now, so that students have better lives when they leave school. Together we create the full picture, a truly beautiful work of art. We are the *Many Pieces* that create *One Big Picture!*

In preparing for this conference we were mindful of the desire of attendees to have a wide variety of professional development opportunities through workshops, credit classes, dynamic keynote speakers and a favorable combination of circumstance, time, and place to collaborate. Enjoy your conference and share in the efforts to enhance quality education and equalize educational opportunities for all children.

For conference schedule & topics go to:
<http://www.assec.org/>

Hear Nationally acclaimed expert on Fetal Alcohol Spectrum Disorders

Diane Malbin

Special Education Community Forum

Saturday, January 20, 2007

Clark Middle School

Anchorage, Alaska

8:30am to 1:00pm

Special Preview of FASD "Kid Focus" Tools from 1-2:00pm

Sponsored by The ASD STeP Center with collaboration from Stone Soup Group



"Mental Health Issues for Children with Special Needs"

Come join us over a cup of coffee for our Saturday disability information workshop. Learn about different disability topics, join discussions, and have the opportunity to earn credit for certification programs, salary advancement or training requirements.

Keynote: "FASD & Mental Health: Rethinking Problems & Solutions"

Breakout sessions will include topics on Behavior Health Goals, Positive Behavioral Interventions & IDEA 2004, Text-to-Speech & Voice Recognition Software, Wellness Recovery Management for Youth and other FASD topics. Free childcare provided by calling 742-3872, 24-hours in advance.

**Note Location
Change**

