



**NEBRASKA  
TRANSITION  
COLLEGE**

LEARNING. WORKING. LIVING.

**Empowering  
individuals  
with Autism and  
other disabilities.**



## WHAT IS OUR PURPOSE?

Nebraska Transition College's mission is to serve individuals who have an Autism Spectrum Disorder or other disabilities and empower them to live independently through employment and community support systems.

For many students with learning disabilities, after completing high school or their school's transition program, there has been no clear "next step."

Now Nebraska Transition College (NTC) offers a bridge teaching young adults how to use the abilities and skills they already have to make a living, go to college, live on their own or with a roommate, or help them learn what's not yet been mastered. Our proven program works!

### A PARENT'S PERSPECTIVE

My daughter, Anna, has always been a student that straddles both worlds between general and special education. NTC's executive director invited Anna to participate in "Nebraska Transition Connections" at the end of her senior year. My daughter finally feels like she has found a perfect place just for her. Thank you!!!

*Sarah Dimon*

## WHO ARE OUR STUDENTS?

What does our typical student look like?

- Our students are typically between 18-25, but there is no upper age limit.
- Some students drive, some have part time jobs, some are taking courses from a community or four-year college.
- As a school service provider, students can begin our courses as early as their senior year of high school – with school district approval.
- Students may plan to take a full course load at NTC. Others are taking 1–2 NTC courses while working and/or taking other classes.
- Our students would describe themselves as "high-functioning" and typically live with their family. They are motivated to develop needed skills to reach their goals, including living independently.



## WHAT TOPICS ARE INCLUDED IN OUR CURRICULUM?

NTC assists those with autism and other disabilities to be better prepared to take the next step towards an independent life of their choice.

Our comprehensive curriculum is delivered online and in classrooms located throughout the community. Our curriculum areas include Wellness, Social Relationships, Vocational and Pre-vocational Skills, Community Navigation, Civic Responsibility, and Residential Living. Class size is 6-15 students.

### WELLNESS

Develops skills to enhance physical and emotional well-being as well as improving resiliency.

### SOCIAL RELATIONSHIPS

Covers inference, love, solidarity, regular business interactions and other types of social commitments.

### COMMUNITY NAVIGATION

Familiarizes student with the various options available for navigating the community and explores the connections to services and groups necessary to improve well-being and interdependence.

### CIVIC RESPONSIBILITY

Explains basic legal information, what it means to vote, ways to volunteer, why all are important and how to make a difference.

### VOCATIONAL & PRE-VOCATIONAL

Focuses on developing employability skills, job-readiness, and career choices that align with student interest and the development of natural employer supports.

### RESIDENTIAL LIVING

Teaches students about shared and private spaces while living in an inclusive, integrated apartment with other NTC roommates. Readiness assessment required.

## WHAT ARE THE NEXT STEPS?

Before registering for classes, complete a free Nebraska Transition College Application. Once accepted, students have three years to begin classes. Visit [NebraskaTransitionCollege.org](https://www.NebraskaTransitionCollege.org), call 402-413-5627  or send an email to [info@NebraskaTransitionCollege.org](mailto:info@NebraskaTransitionCollege.org) to learn more.



# NEBRASKA TRANSITION COLLEGE COURSE LISTING

## FIRST YEAR

- Etiquette 101
- Exploring Relationships
- Social Skills 1
- Social Skills 2
- Unlocking Your Best Self
- Technology Safety

This "Starter Pack" of courses is open to high school seniors, those in school transition programs and students who self-enroll.

- Health Literacy
- Job Seeking & Keeping
- The Interview
- Public Transportation
- Money Matters 1

## SECOND YEAR

- Self-Advocacy
- Nutrition & Exercise 1
- Healthy Romantic Relationships
- Recreation Exploration
- Consumer Exploration
- Bridges to Your Community
- Career Exploration & Development
- Planning Your First Home
- Managing Your First Home

## THIRD YEAR

- Nutrition & Exercise 2
- Social & Recreation Planning Practicum
- Community Engagement
- Legal & the Unexpected
- Money Matters 2
- Independent Living Assessment & Practicum 1
- Insurance Basics
- Independent Living Assessment & Practicum 2
- Moving Out of Your First Apartment & Practicum

## A STUDENT'S PERSPECTIVE

Nebraska Transition College's support and courses provided me with additional skills and courage.



I now work as a school para educator helping students whose experiences I remember very well.

I've also joined NTC's board of directors!

**Jake Dwinell**

- Wellness
- Relationships
- Vocational
- Community
- Civic Responsibility
- Residential Living

[For detailed course descriptions, please view our catalog at NebraskaTransitionCollege.org/Classes](https://www.NebraskaTransitionCollege.org/Classes)

## MISSION ACCOMPLISHED!



While taking classes at NTC, Ryan not only gained a framework for independent living, but he also strengthened his friendship circle.

After completing the first two years of classes online, Ryan finished his final year of classes by practicing his skills while living in an apartment with another student. NTC staff provided on-site guidance that slowly lessened over time, allowing Ryan to find his footing at first, and secure it over time.

When asked at graduation if he could live on his own, Ryan's words were, "Yes I can. I know I can."



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