Transitions: The 2-Year Plan

6 life-skill units every year · Year A builds foundations · Year B applies them in the real world

Ferndale High School
Room 113 · Life Skills Transitions
Year A 2026-27 · Year B 2027-28

How the spiral works

Join any time
Students start in different years, so first- and second-years learn side by side.

No repeats
Year A and Year B teach different topics in the same 6 units.

Go deeper
Year B builds on Year A skills. New in Year B? Units open with a quick recap.

School year: 1 Sep – Oct › 2 Nov – Dec › 3 Jan – mid-Feb › 4 mid-Feb – Mar › 5 late Mar – early May › 6 mid-May – June

1 Self-Advocacy & Goal Setting

Sep – Oct · Year A: 9/21 – 10/29

YEAR A · FOUNDATIONS
Know my strengths, needs, IEP accommodations & how I communicate

YEAR B · ADVANCED APPLICATION
Prep for my own IEP, track my goals, know my rights at work, speak up

2 Independent Living Skills

Nov – Dec · Year A: 10/30 – 12/18

YEAR A · FOUNDATIONS
Hand dishwashing, sorting utensils, sweeping, wiping, laundry folding

YEAR B · ADVANCED APPLICATION
Dishwasher, small appliances, mopping, bed making, organizing a space

3 Health, Wellness & Relationships

Jan – mid-Feb · Year A: 1/4 – 2/11

YEAR A · FOUNDATIONS
Hygiene routines, healthy choices, personal space, reading emotion cues

YEAR B · ADVANCED APPLICATION
Meal planning for my diet, health & medication routines, social settings

4 Employment & Career Exploration

mid-Feb – Mar · Year A: 2/16 – 3/26

YEAR A · FOUNDATIONS
Work soft skills, job-ready hygiene, finding my interests, task cards

YEAR B · ADVANCED APPLICATION
Resumes, mock interviews, job applications, solving problems at work

5 Financial Literacy & Money

late Mar – early May · Year A: 3/29 – 5/7

YEAR A · FOUNDATIONS
Coins & bills, matching prices, needs vs. wants, paying with cash

YEAR B · ADVANCED APPLICATION
Bank accounts, debit card safety, recipe budgets, price per ounce, tip & tax

6 Community Navigation & Mobility

mid-May – June · Year A: 5/10 – 6/9

YEAR A · FOUNDATIONS
Pedestrian safety, community signs, mapping walking routes, public manners

YEAR B · ADVANCED APPLICATION
WTA bus schedules, transit & map apps, planning full outings on my own

Two levels, same units, same weeks
Level 1 · Blue Day, 3rd period: picture cards, ~2nd-grade reading
Level 2 · Gold Day, 7th period: ~5th-grade reading, written steps & scripts

Fridays = cooking lab or community outing
Monday – Thursday are the core unit lessons.

About the dates
Year A dates follow the 2026-27 Blue/Gold calendar (earliest start to latest end of both levels). Year B months are approximate until the 2027-28 calendar is out.