



Westchester Institute
for Human Development

<https://www.wihd.org>

Welcome!

Community Support Network Transition Institute 2022

Who Am I?

- Working with students with attention, mental health, and learning differences since 1999
- College Counselor, OG tutor, English Teacher and Department Head, Academic Dean, Head of School
- Lifelong mentor to my former students



What are we going to talk about?



Common hurdles life Post-High School (PHS)



Common causes of 'failure' (we use this term loosely!)



Advice from my former students on what they wished they knew leaving high school



What is a hurdle?

A hurdle is something that can be tackled without prior preparation or can be prepared for with explicit support and instruction. Essentially, you can learn the hard way or the “less hard” way.

“My Mom Handles That”

- Does your child know how to do their laundry?
- Can they cook?
- Do they know how to drive or use public transportation?
- Do they know how to calculate tip?
- Have they ever scheduled a doctor’s appointment?
- Do they know how to handle a car accident, flat tire, power outage, inclement weather, shattered cell phone, etc.?



MED MANAGEMENT

Know Your Optimal Schedule

Morning Person?



Night Owl?



How well do they know their bodies and emotions?

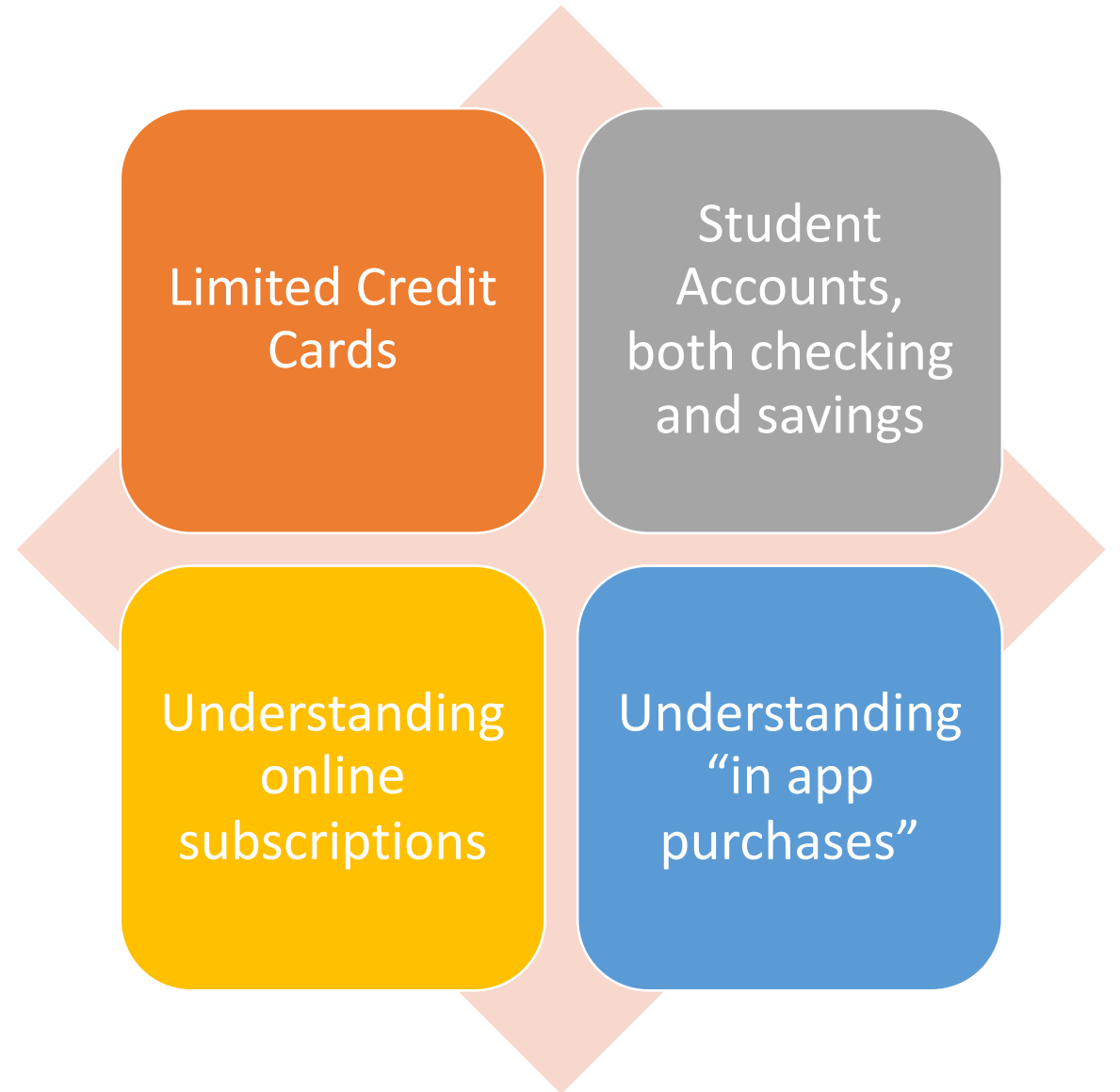
Self-Care



Stress Management



Money Management



The New Schedule!

High School

- Organized for you
- Very full days
- Weekends and evenings off
- Very early mornings

College or Job

- Flexible schedule opportunities
- College: more independent work, less in class time
- Working nights and/or weekends

Self-Advocacy

You are not asking for an easy way out. You are need a different way in.



Know Yourself

Strengths



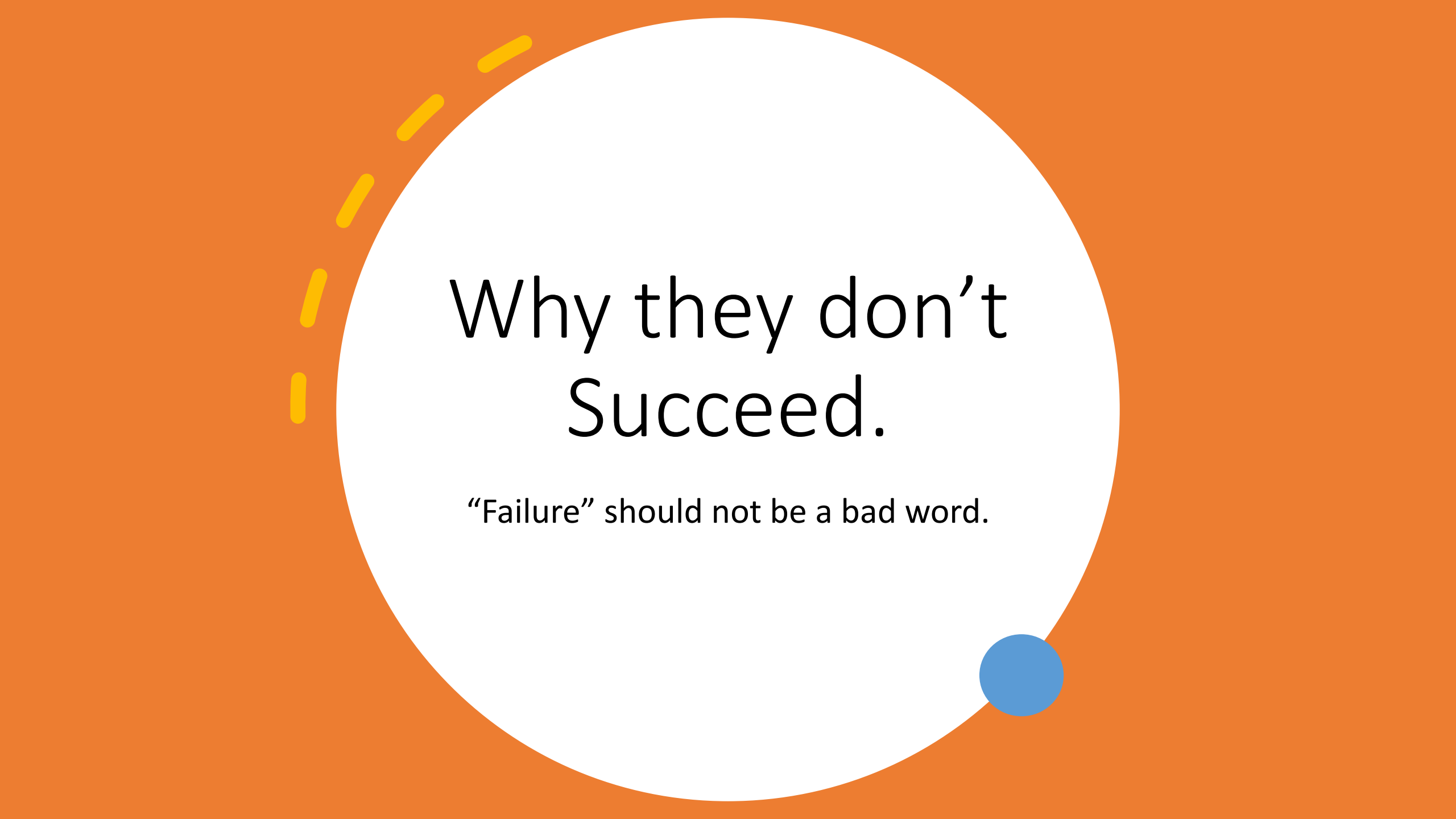
Struggles





Time Management



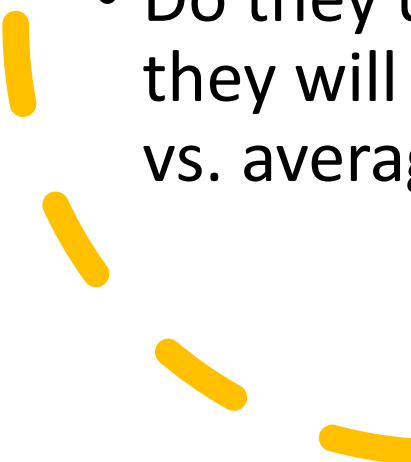


Why they don't Succeed.

“Failure” should not be a bad word.



Is this for you or for your child?

- Do they really want to go to your alma mater?
 - Do they really want to run the family business?
 - Who wants the Gap Year?
 - Is college the best option in this moment?
 - Do they understand Student Loans, the principle vs. interest, how old they will be when they are paid off, the likelihood of loan payments vs. average salary when they graduate?
- 



Are you mature
enough to be
on your own?

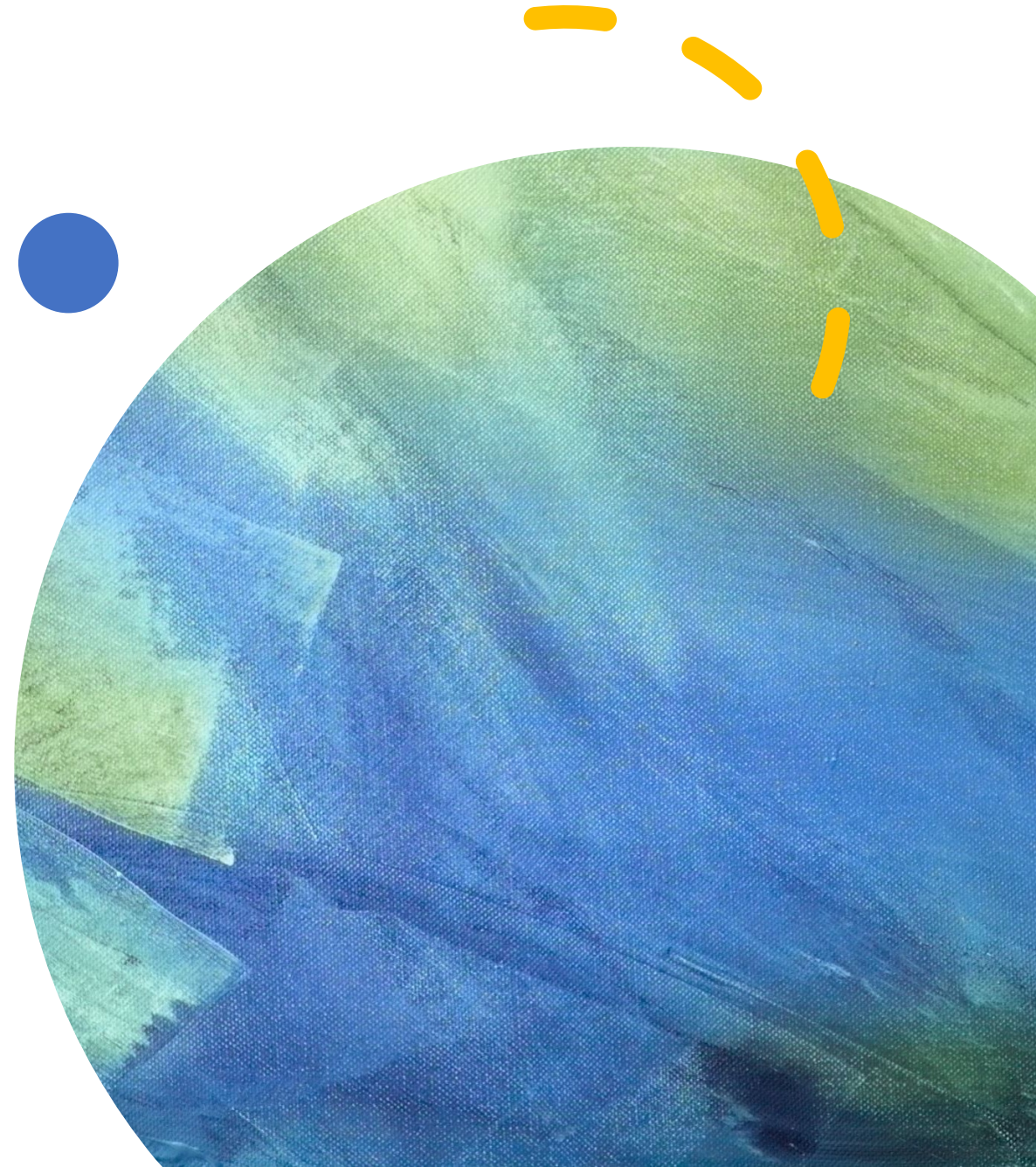




“I know you want to be an artist, but you have to make a living and support yourself.”

Deciding to Make Change isn't Failure

Change	Change your major
Change	Change your school
Leave	Leave your job
Leave	Leave that friendship/relationship
Change	Change apartments



If you don't understand mental health, how can you recognize when you are in trouble?





Advice From My Former Students

Taxes, Stocks, Mortgages, Loans, Investments

01

Do your taxes with your child so they know how to do them on their own.

02

Make sure they understand liquid vs. fixed assets.

03

Teach them how stocks work and let them invest to learn first-hand how to manage investments

04

Make sure they understand how loans work (Principle vs. Interest): Car loans, Student Loans, Mortgages!

Business Math Culture

Get Rid of the Stigma!

College Readiness isn't just Calculus

Starting their own Business

Credit Scores, Credit Cards, Credit Limits

1

Understand benefits and interest rates on credit cards

2

Teach them to manage their Credit Score and what happens if it's not good

3

Give them a limited credit card in high school that they are required to manage

Learning Differences, ADHD, and Mental Health Struggles Don't Disappear

They are understood and managed or they are not understood and not managed.

Talk about Mental Health

Eliminate	Eliminate the stigma of therapy
Talk about	Talk about family history of substance abuse or mental illness
Support	Support the use of a therapist or counselor if/when needed
Support	Therapists can support you in your relationships, work, school, family, etc.



College
immediately
after high school
is not the only
path.

Don't be afraid to tell your professor or employer that you are dyslexic or have ADHD or where you struggle.

If they won't hire you or admit you because of these things, then it was never going to be a place that accepts who you are.