

National Center on Deaf-Blindness



Transition Activities

General Work Skills and Behavior Self-Reflection

Topic:

General Work Skills and Behavior Self-Reflection will help your son/daughter develop skills and use the supports that will aid in employment success as an adult.

Overview:

It is important for your son/daughter to understand the behaviors that help him/her keep a job and there is no better time to talk about it than while he/she has employment. The **General Work Skills and Behavior Assessment** document from the Helen Keller National Center, can help focus a discussion on the concepts of work skill behaviors, social culture environment, and problem-solving behaviors that relate to job readiness, job performance, and job maintenance.

Outcomes for your child's transition development:

This activity is intended to help your son/daughter engage in self-reflection, with your help in understanding the vocabulary and concepts involved. It will also help parents determine any gaps in their son/daughter's work experiences.

Activity Directions:

- Setting up the activity for relevance:
 - As the parent you can talk about your own job/tasks (at home or outside employment) and the importance of looking at yourself through your own eyes and through your employer's eyes. To take this step beyond the personal story, use checklists or evaluation statements to reflect on your own strengths/weaknesses.
- Use the Helen Keller National Center's General Work Skills and Behavior Assessment to first model self-reflection in your own circumstance and then facilitate your son/daughter's self-reflection. Be easy about this! Be casual; only take on the number of behaviors that is comfortable in one sitting; spread the discussion out over time.
 - If anything comes up at work for either of you, discuss it in terms of the checklist to help give meaning and relevance to the discussion.

- If your son/daughter is not in an employment setting, use a checklist about being a good friend. Again, the idea is to teach self-reflection on behaviors that support good relationships, social skills, and workplace behaviors.

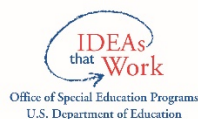
Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

N/A

Ideas for Increasing the Complexity of the Activity

N/A



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