



*Onondaga Pathways to Careers (OPC) at Onondaga Community College (OCC)*

*...for Young People with Disabilities*

## Greetings!

### "Finding Your Way!"

#### Understanding Transition Planning In and After High School

High school students with disabilities, families and educators are invited to attend **"Finding Your Way! Understanding Transition Planning In and After High School."** "Finding Your Way" is a transition conference. It is brought to you by:

- Syracuse University Parent Assistance Center (SUPAC)
- Mid-State Regional Special Education Technical Assistance Support Center (RSE-TASC)
- Onondaga Community College (OCC)

Conference participants will find information and resources they can use to plan for living, learning and working after high school. They will also have the chance to learn about services offered in our community. The conference will offer both workshops and information tables. Participating students and families will be able to identify options for their future.

**This is a FREE educational day that will focus on transition planning.**

- The conference will be held on **Monday, March 13, 2017** (***Participants must register by Wednesday, March 1, 2017***)
- It will be held at the Onondaga Community College (OCC) Campus, 4585 West Seneca Turnpike, Syracuse NY 13215
- Food will be provided!
- Exhibitor tables are also available.

**To register and learn more about this event, please visit:**

<http://supac.org/training/finding-way-2017-transition-conference/> or click [here](#).

## Scholars Career Exploration

The OPC Scholars Program held sessions on January 7th and February 4th at OCC's Main Campus.

On January 7th, 25 Scholars learned how to use OCC's Career Coach tool. They learned how to make short-term and long-term goals for careers they are interested in. The Scholars also discussed, in groups, what they would need to do in order to work in these careers. These things included types of required credentials, degrees or other training.

On February 4th, 20 Scholars completed the Holland Codes Personality Assessment. The Scholars then discussed how their results can help them better-understand their career goals and how they align with their values. Scholars were also given several transition resources. These included the following:

- Targeted college information
- Vocational rehabilitation services
- Services provided by the American Job Center in CNY

We look forward to seeing the Scholars again in March. The March theme will focus on leadership development.

## Spring 2017 Meet 'N Greet



OPC hosted its Spring 2017 "Meet 'N Greet" on February 8th. A Meet 'N Greet is held at the start of every Fall and Spring semester. It provides an opportunity for all eligible students to learn about OPC. It also allows new and returning OPC students to meet each other and learn about new and continuing program activities. OPC staff welcomed over 20 students at this event. The hour-long gathering started with an ice-breaker activity. Students also enjoyed pizzas that were purchased by the Office of Accessibility Resources. During the event, students were guided through the OPC "Menu."

The menu is a checklist of program activities. The activities are all designed to help students be successful at OCC.

### Some new additions to this semester's menu include:

- Job Shadowing Opportunities
- Writing Workshops
- College/University Visits
- "Lunch with a Professional"

# Spring Learning Center Workshops

Workshops at the Learning Center offer an excellent way for students to sharpen their study skills. No appointments are necessary. Students can attend the following, FREE, 45-minute workshops.

## Student Skills Workshops

### Taking notes in class:

Monday, 3/27 at 5:00 pm

Friday, 3/31 at 11:30 am

### How to form your own study group:

Wednesday, 2/17 at 11:30 am

Monday, 4/3 at 5:00 pm (TENTATIVE)

Wednesday, 4/7 at 11:30 am (TENTATIVE)

### Stress management and preparing to take a big test:

Monday, 2/20 at 5:00 pm

Friday, 2/24 at 11:30 am

Monday, 4/17 at 5:00 pm

Friday, 4/21 at 11:30 am

### Time management and forming good study habits:

Monday, 2/27 at 5:00 pm

Friday, 3/3 at 11:30 am

### Using your textbook and taking good notes:

Monday, 3/6 at 5:00 pm

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[Click here to tell us what you'd like to hear about!](#)

## ***Training - Skills - Jobs***

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