



**Without Limits** is an interactive curriculum designed for trainers and teachers to provide a safe environment for high school and post-secondary students in transition to discover their own value as individuals. Students gain an understanding of effective ways to be fully productive and succeed at school and work. They learn more about themselves and strategies for self-advocacy. The curriculum is designed for four different intellectual levels of students including:

- 1 High school and/or post-secondary academic skills,
- 2 Middle school level and high elementary academic skills
- 3 low elementary level of academic skills
- 4 Pre-K Kindergarten level of academic skill

The curriculum includes a series of 11 interactive exercises. These activities can be adapted to lesser durations to accommodate various classroom/training schedules. In addition, it includes 4 hours of training for Parents and Guardians to support their children and young adults with disabilities towards achieving success at school and work.

**The curriculum is designed for high school and post-secondary students in transition to:**

- Discover positive traits, values and qualities
- Explore quality and values other people see in them
- Consider the beneficial lessons learned from having a disability

- Learn not to let people's reactions affect how they feel about themselves
- Discover how to positively bring up their need for an accommodation at school and work
- Educate students on how to resolve common concerns that teachers and employers have about possible accommodations
- Learn how attitudes about persons with disabilities are formed and discover new ways to overcome misperceptions with their peers, teachers and employers
- Explore different options to the traditional interview that increases their chances of being hired

**Parents of high school and post-secondary students in transition:**

- The traits and attributes that help persons with disabilities succeed
- Options for protecting their children from the effects of bullying

This curriculum can be easily integrated in special education classes, School to Work transition activities, community organizations contracted to deliver Self Advocacy programs and Vocational Rehabilitation Pre Employment Transition services. It can be implemented as a stand-alone 15 to 36 hour course, with two separate 2 hour to 4 hour training for parents.

The authors include the 2018 special education transition teacher of the year in Oregon, A vocational Rehabilitation transition counselor, President of a nationally renowned Community Rehabilitation agency and a highly respected keynoter, trainer, and curriculum developer with over 50 products created.