

TD's Tips!

Self Management Skill Development



What can I do?

1. Talk to a transition team member about how to start taking ownership of your time throughout your days at school, work, and in the community.
2. Ask your school counselor or social worker if they can help you work on managing your emotions.
3. Ask a family member to help you develop a daily schedule so that you are in charge of your time.
4. Make sure you save enough time for activities and your to-do list. If you need to, change your schedule to make sure you can get everything done but also have time to rest. Anything can be a part of your schedule, as long as it's *yours!*

Pro Tip!

When you are comfortable with managing a daily schedule, try to manage a weekly schedule. Organize your weekly schedule by color coding it. For example, rest could be green, homework could be blue, and work could be red.

How about an ultimate challenge?

Ask a trusted adult to help you make your own doctor's appointment, therapy appointment or to refill a reoccurring prescription with a pharmacy.



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This tip sheet is aligned to the “Youth Development” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!