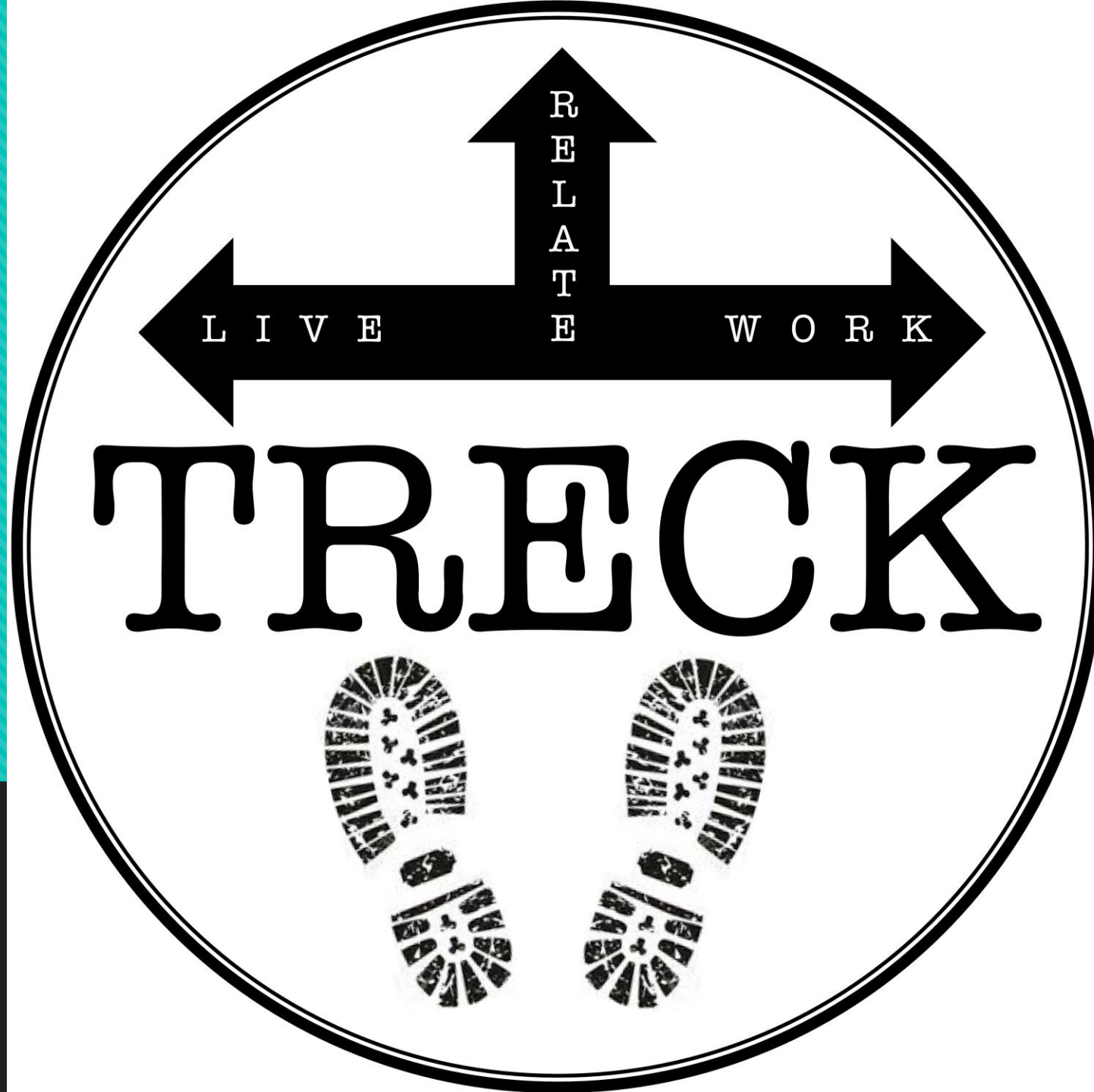


Welcome!

Aaron Walgenbach

Thank you for being here!





High School is over.

What's next?!



# What is it?

Transition

Resources for

Employment &

Career

Knowledge

- Help 17-22 year olds with disabilities find work, live independently, and build a strong social network.
- Individual schedules
- Connection to different agencies
- GUIDANCE & SUPPORT

# Who is it for?

- 17-22 years old
- Finished high school
- Have an IEP
- No high school diploma
- Usually without Regional Center services
- Live in GUSD boundaries (includes students who attended GHS, Hoover High, CVHS, Daily High, and La Canada High)
- Want to work
- Want to live independently
- Can take care of your food & other living skills
- Will be making your own work, living, & financial decisions in your 20s & beyond

# GOALS

## **LIVE**

Live independently

## **RELATE**

Establish a strong social network (friends, role models, etc.)

## **WORK**

Be gainfully employed

"You can choose your friends,  
but you can't choose how they influence you."

# How is TRECK going to help me?

1. Find out what you REALLY WANT and NEED
2. Make a PLAN
3. Set up a SCHEDULE
4. SUPPORT you along the way



# When | Where

- Meeting times with TRECK staff are typically between 8:00am – 3:00pm Monday - Friday
- Students activities extend beyond school hours (ex. work, college, holidays)
- TRECK meeting locations and times vary depending on need
- Support offered: in person, phone, text, email

## Sample Times / Locations



- 15 min./day
- 3 hours/day
- 3 hours/week



- GCC, Garfield Campus
- Libraries, work sites, etc.
- Shopping centers

# Connections

- Glendale Community College
- Pasadena City College
- Garfield Campus
- L.A. Trade Tech College
- GHS Cosmetology Academy
- Verdugo Job Center
- Glendale Youth Alliance
- Department of Rehabilitation
- Occupational Centers
- Metro

and Many More!



**Most students have opened checking & savings accounts**

**46% have made regular deposits to their savings accounts**

**43% WORKING OVER 30 HOURS EACH WEEK**

*60% enrolled in a college program*

**2 DRIVER'S LICENSE / 2 PERMIT / >50% STUDYING**

**All students have a GOAL PLAN leading to  
a career and independent living**

**38% participated in financial literacy with local Financial Expert**

*31% pursuing a vocational license or certificate*

**38% pay one or more bills at home with own income**

**23% help their families with rent money every month**

# TRECK Sample Student Schedules

Time	Sample Day #1	Sample Day #2	Sample Day #3	
6am – 7pm		Work (Independent Job Site – No Job Coach)		
7am – 8am	Take Public Bus / Walk to Garfield Campus		Take Public Bus to GCC	
8am – 9am	GED Class – Varies (English, Math, Science, History) (Garfield Campus)		GCC Class – Varies (ex. English, Math, Speech, etc.) (Glendale Community College)	
9am – 10am				
10am – 11am	TRECK Meeting – Planning & Studying (Garfield Campus)		TRECK Meeting – Grocery Shopping (Supermarket)	
11am – 12pm	GED Class – English/Language Arts (Garfield Campus)		TRECK Meeting – Prepare a Meal, Eat Lunch, & Clean Up (Kitchen on a GUSD Campus)	
12pm – 1pm	Lunch		Take Public Bus to Work Site	
1pm – 2pm	Cosmetology Academy (Glendale High School)		TRECK Meeting – Planning, Studying, Errands	Work Experience (TRECK Affiliated Job Site – No Job Coach, TRECK Teacher checks in with Store Manager as needed)
2pm – 3pm			Go Home & Eat Dinner	
3pm – 4pm				
4pm – 5pm				
5pm – 6pm	Go Home & Eat Dinner			
6pm – 7pm		GCC Class – Vocational Training (ex. Welding) (Glendale Community College)	Go Home & Make Dinner – Send Picture of Meal to TRECK Teacher (Home)	
7pm – 8pm	Exercise (Gym or Walk/Run)			
8pm – 9pm	Study for GED or DMV test (Home)		Study for GCC Class (Home)	
9pm – 10pm				

# Topics & Activities

Sample TRECK Meeting Topics:				Sample TRECK Meeting Activities	
Setting Goals/Deadlines	Credit & Credit Cards	Wages	Diet / Eating Healthy	Discussions	Visit DMV
Prioritizing	Other Financial Literacy	Raises/Promotions	Communication	Studying	Visit Banks
Planning / Following Through	Budgeting / Expenditures	Having Hard Conversations	Resumes / Applications / Interview Skills	Preparing Meals	Public Transportation Training (1-2x/location)
Studying for GCC / GED / Other Courses	Interpersonal Issues	Problem Solving	Exercise / Staying in Shape	Grocery Shopping	Fun: Hiking / BBQ / Beach
Studying for DMV tests	Dating & Relationships	Self-Advocacy	Having Mentors	Other Shopping	Visit Job Center
Bank Accounts	Family Planning	Self-Reflection	Being Responsible	Exercising	Financial Sessions at Local Bank
Saving \$	Work Issues	Reevaluating Goals	Reliable Transportation	GCC / Garfield Campus Errands	Starting Work & Volunteer Positions

...and anything else you want to work on.

# CONTACT INFO



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# Questions

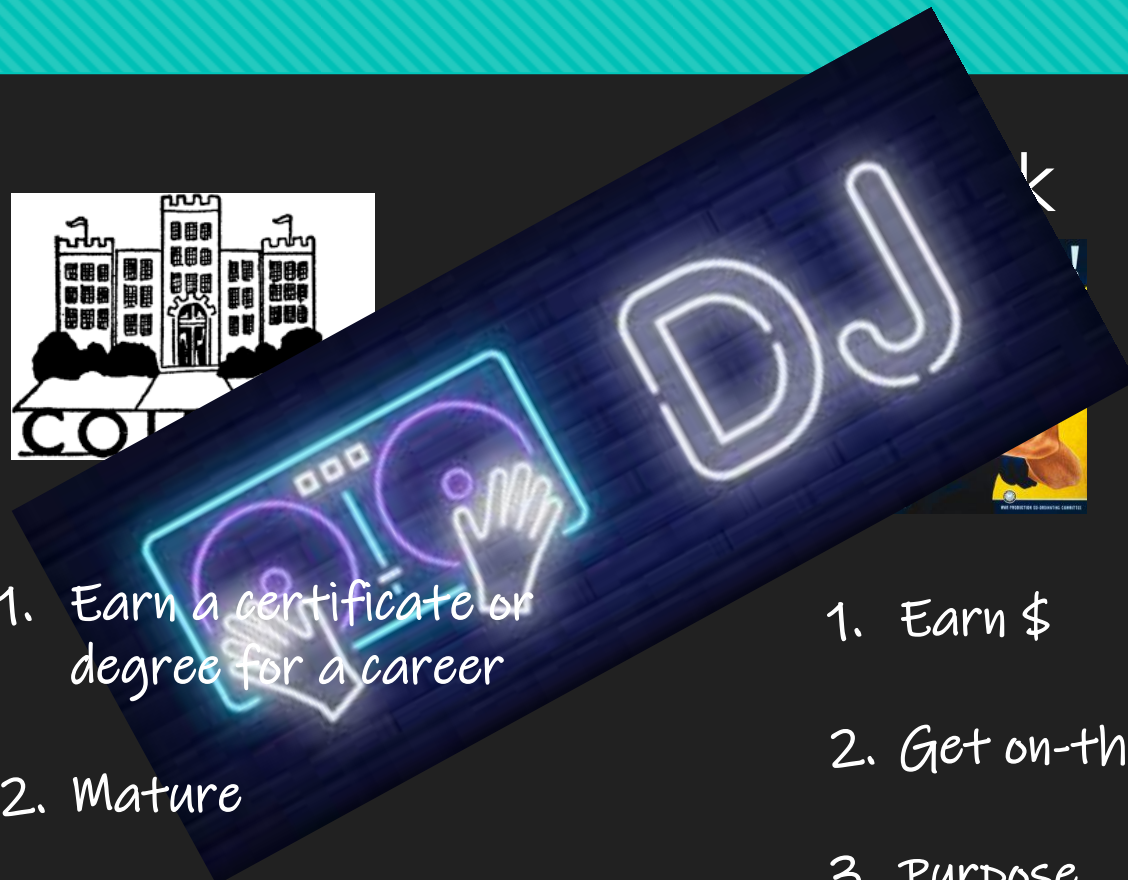




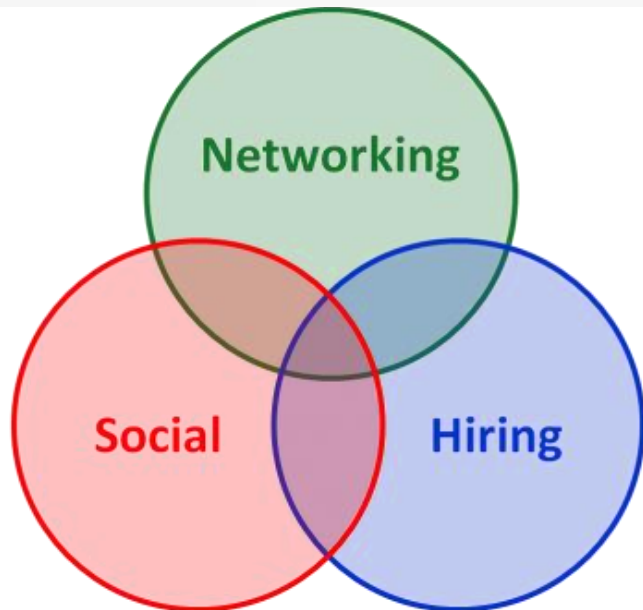
# What's My Plan?



1. Earn a certificate or degree for a career
2. Mature
3. ???



1. Earn \$
2. Get on-the-job skills
3. Purpose
4. ???



## WANTS

Watch a Movie  
Go to the beach  
Play Basketball  
Go camping  
Concert  
Go to a restaurant  
Have a boyfriend  
I don't know  
Shopping  
Read a book  
Learn photography  
Get a gym membership  
Hang out with friends  
Have a girlfriend  
Go to a restaurant  
Have a boyfriend  
I don't know  
Go to Magic Mountain  
Volunteer  
Get a job  
Earn a certificate from GCC  
Driver's License  
Get in shape  
Get good advice  
Play guitar  
Go to a Dodger Game  
Travel somewhere  
Get married someday  
Volunteer

## NEEDS

Go to bed earlier  
Stop smoking  
Make money  
Ask for help  
Get a bus pass  
Wash the dishes  
Learn how to save \$  
Break up with my girlfriend /boyfriend  
Get a haircut  
Lose weight  
Stop drinking  
Have a hard conversation  
Get my CA ID  
Make a budget  
Pay a citation  
Make dinner  
Practice interviewing  
Use Instagram responsibly  
Clean the bathroom  
Say "sorry" to someone

**WANTS**

**NEEDS**

I don't know



## WANTS

Watch a Movie  
Go to the beach  
Play Basketball  
Go camping  
Concert  
Go to a restaurant  
Have a boyfriend  
I don't know  
Go to Magic Mountain  
Shopping  
Read a book  
Learn photography  
Get a gym membership  
Hang out with friends  
Have a girlfriend  
Go to a Dodger Game  
Travel somewhere  
Get married someday  
Volunteer  
Get a job  
Earn a certificate from GCC  
Driver's License  
Get in shape  
Get good advice  
Play guitar  
Go to a Dodger Game  
Enroll at Garfield Campus  
Get a haircut

## NEEDS

Clean the bathroom  
Say "sorry" to someone  
Lose weight  
Stop drinking  
Have a hard conversation  
Get my CA ID  
Open a bank account  
Pay a citation  
Forgive someone  
Practice interviewing  
Use Snapchat responsibly  
Go to bed earlier  
Stop smoking  
Make money  
Ask for help  
Make a budget  
Get a bus pass  
Wash the dishes  
Learn how to save \$  
Break up with my girlfriend /boyfriend  
Stop getting high  
Make dinner

## WANTS

Watch a Movie  
Shopping  
Read a book  
Go to the beach  
Learn photography  
Play Basketball  
Get a gym membership  
Go camping  
Hang out with friends  
Have a girlfriend  
Play guitar  
Go to a restaurant  
Have a boyfriend  
Travel somewhere  
I don't know  
Get married someday  
Go to Magic Mountain  
Volunteer

## Get a job

Earn a certificate at GCC  
Driver's License  
Get in shape  
Get good advice  
Go to a Dodger Game  
Enroll at Garfield Campus

Go to bed earlier

Stop smoking

Make money

Ask for help

Get a bus pass

Wash the dishes

Learn how to save \$

Get a haircut

## NEEDS

Clean the bathroom

Lose weight

Stop drinking

**Have a hard conversation**

Get my CA ID

Pay a citation

Make dinner

**Make a doctor's appointment**

Stop getting high

Say "sorry" to someone

**Open a bank account**

Forgive someone

Practice interviewing

Use Instagram responsibly