

NAVIGATING HIGH SCHOOL WITH DCD



TOP TIPS

to transition into high school

1 Start preparing your child for transition process early.

2 Meet with school staff before school begins.

3 Learn the school environment.

Ask to visit - multiple times.

Learn where lockers are, classrooms, toilets

Ask where to find support staff - get to know them

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TOP
TIPS

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4 Organisational skills: find what works best for your child.

5 Teach and work on time management skills.

6 Teach self-advocacy.
This may take time but this is a skill your child will need increasingly as high school progresses.
It will also be an important lifelong skill.

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New accommodations may be needed

High school brings new challenges - Often needing to navigate rooms, lockers, carry lots of books, change clothes for sport and physical education.

You may need to ask for new accommodations.

Extra time to get from class to class (busy high school corridors may need extra management)

Extra time to change in and out of uniform

Help to colour code a school map, timetable and class resources (e.g. everything math related is red)

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- 1 Start preparing your child for transition process early.
- 2 Meet with school staff before school begins.
- 3 Learn the school environment.
 - Ask to visit - multiple times.
 - Learn where lockers, classrooms, and toilets are located.
 - Ask where to find support staff - get to know them.
- 4 Organisational skills: find what works best for your child.
- 5 Teach & practice time management skills.
- 6 Teach self-advocacy.
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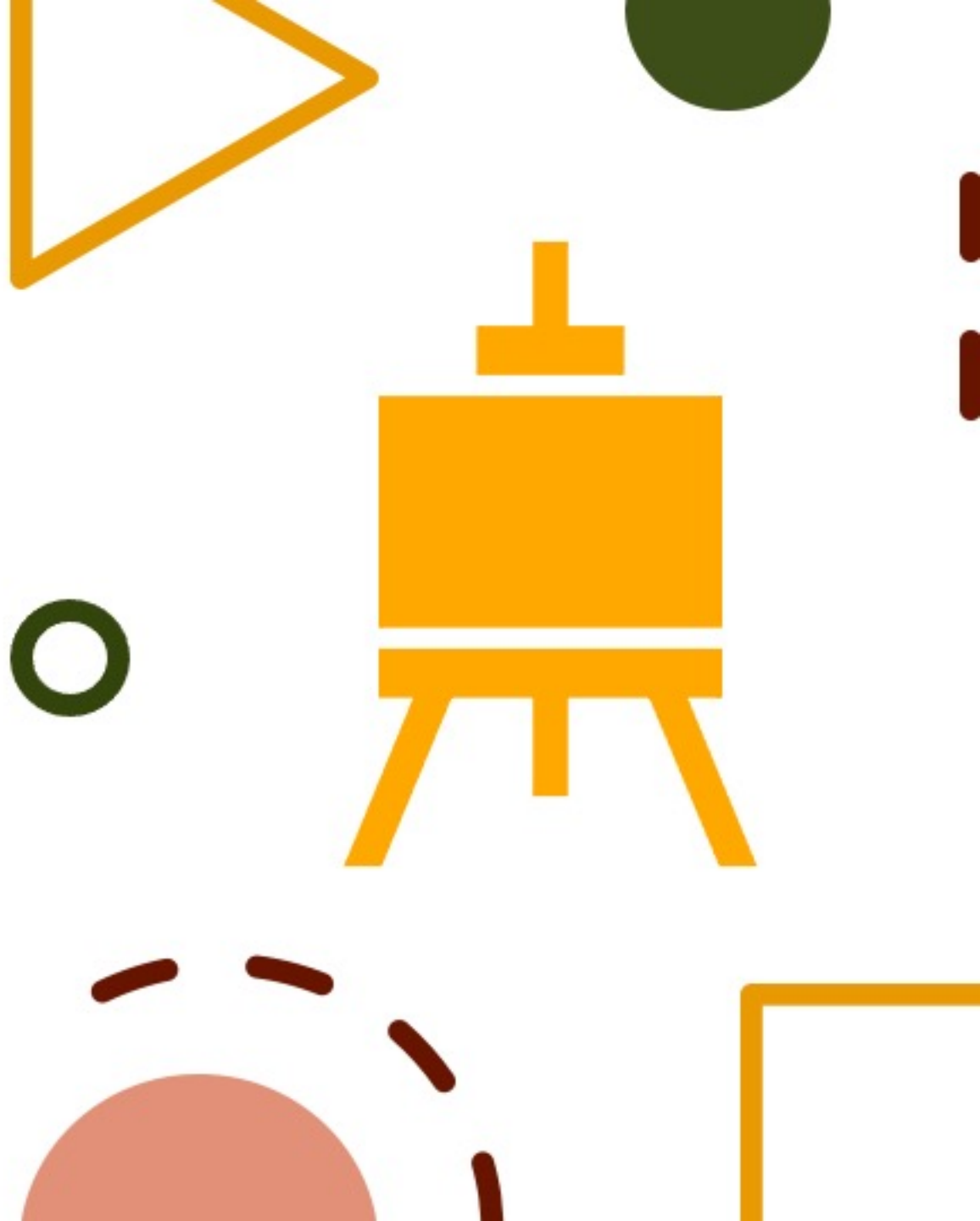
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Art

- **Adaptive Art Tools:**
 - Provide adapted art tools with ergonomic grips.
 - Allow the use of computer programs for digital art.
- **Extended Time:**
 - Give additional time for art projects to accommodate slower fine motor skills.
 - Break complex projects into manageable stages with deadlines.
- **Peer Assistance:**
 - Encourage peer support in setting up and cleaning art materials.



Food Technology



Recipe Modification:

Modify recipes to include pre-chopped or pre-measured ingredients.

Offer step-by-step visual instructions.



Safety Precautions:

Emphasise safety rules and provide extra supervision in the kitchen.

Use adaptive kitchen tools and utensils.



Assistance with Clean-up:

Assign a clean-up partner to help with washing dishes and cleaning up cooking utensils.

Use checklists for post-cooking clean-up tasks.



Mathematics



Modified Worksheets:

- Provide worksheets with enlarged text and clear, uncluttered formatting.
- Offer extra space for calculations.
- Provide grid paper.

Graphing Tools:

- Allow the use of digital graphing software.
- Provide grid paper for drawing graphs.



Music



- **Alternative Instruments:**
 - Offer alternative musical instruments that may be easier to play, such as a keyboard or percussion instruments.
 - Allow digital music composition using software.
- **Extended Practice Time:**
 - Provide additional practice time or extra sessions for music lessons.
 - Break complex musical pieces into smaller, manageable sections.
- **Oral Assessments:**
 - Allow students to discuss the music, its history, and its cultural context orally.
 - Encourage participation in group singing or playing, which can boost confidence.



Science

- **Lab Support:**
 - Provide lab partners to assist with hands-on experiments.
 - Ensure clear, written or verbal instructions for lab procedures.
- **Alternative Assessments:**
 - Offer alternative science projects that emphasise research and presentation skills.
 - Allow oral reports or visual representations instead of written lab reports.
- **Flexible Seating:**
 - Allow the student to use a stool or chair with a backrest in the lab.
 - Ensure that lab equipment is easily accessible.
- **Organisational Tools:**
 - Teach and encourage the use of digital tools for note-taking and organisation.
 - Provide clear labels and storage options for lab equipment and materials.

Technology – Woodwork and Metalwork

- **Assistive Tools:**
 - Provide adaptive tools with ergonomic grips for woodworking projects.
 - Offer clear, step-by-step instructions with visual aids.
- **Safety Precautions:**
 - Emphasise safety rules and provide extra supervision in the workshop.
 - Assign a peer partner for additional support during woodworking/metalworking tasks.