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COLLEGE OF EDUCATION AND PUBLIC POLICY

A STEP to independence

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The Summer Transition Education Program (STEP) ran between July 12th and 17th. It was for people between age 16 and 21 with all types of disabilities. This program helped the students learn budgeting, nutrition, problem solving, and assertiveness.

We learned through more than lectures, which helped the lessons be better understood. Beside the workshops, some students actually went on externships to meet people in fields they were interested in, such as law and communications. This in itself was helpful in choosing the right career paths. During an externship we could experience classes we would need or we could ask questions and talk to people in the field.

Some of the other activities were actor's attic and morning routine. One student, Shanelle Sullivan, was quoted saying, "Actor's attic was educational; we were improvising."

All the students seemed to have a good time learning and making new friends. STEP was essentially a step into our futures.

Article by Nicole Weakley

Photo courtesy of The News Journal



Editor's Note: Nicole Weakley is a young adult with a disability who participated in the Summer Transition Education Program this year. She will be pursuing her career goal as a communication arts student at Delaware Technical and Community College in the fall. STEP is a component of the UD [Center for Disabilities Studies'](#) Total Life Project. For more information about the program, please read the article ["A Dream to Call Their Own."](#) by Rachel Kipp, published in *The News Journal*, July 20, 2009.