

CTP GPS

Mapping Postsecondary Success with Executive Functioning Skills



Who is Dani?

- Educational Consultant
- Executive Functioning Coach
- Chair of the Illinois IPSE Alliance
- LBS1, MA in Teaching & Learning
- Higher Ed DS
- CPS Transition Specialist
- CCC District Director
- Comedian & fitness instructor
- Mom 💜



THE INSTITUTE
ON PUBLIC POLICY FOR PEOPLE WITH DISABILITIES

EXPERIENCE. INTEGRITY. COLLABORATION.



Three Objectives for Institute Efforts



Dignity In Pay Alignment: Shape emerging state policy

Behavioral Health Clinic Awareness + Expansion: Address widely acknowledged unmet needs for the IDD population

CTP Incubator: Expand opportunities for post-transition age young adults with IDD

Inclusive Post Secondary Education



What is an “IPSE”

- Inclusive Post Secondary Education program for students with Intellectual and Developmental Disabilities (IDD)
 - Academic Inclusion > 50%
 - Audit or credit
 - Social Integration
 - Access to same as non-disabled peers
 - Vocational Training
 - At least 1 internship
 - Independent Living Skills
 - Person Centered Plan
 - Typically earn a certificate
 - Some earn an industry recognized credential



Main goal - Competitive Integrated Employment (CIE)

[Think College IPSE resource guide](#)



350+

programs across 49 states



8,000+

students are attending college or
university each year



32,586

inclusive courses taken between
2010 and 2025 from students at
[TPSIDs](#)



65%

find paid work 1 year after
leaving college

What makes a CTP different?

Comprehensive Transition and Post Secondary Program

CTP designation is determined by the US Department of Education

- Designation makes the program **FAFSA eligible**
 - This in turn makes the program **Division of Rehabilitation Services (DRS) eligible**



Current Landscape of Illinois

IPSE Programs - 7 programs serving about 236 students

Harper College

COACH at COD

John Wood CC

Personal Success Program at CLC

Skills for Daily Living at Morton

HALO at Heartland CC

RAISE at Rock Valley College

Pending - EPIC

Total = 424 students



CTP Programs - 6 programs serving about 188 students

Blackburn University

Daley College

National Louis University

Judson University

Elmhurst University

Lewis and Clark CC

Pending - GovState, John Wood CC, Roosevelt University, Wright College, Kaskaskia

Brand New!!!! Joliet Junior College

Illinois IPSE Alliance



Central Hub for

- Resource Sharing
- Policy and Advocacy
- Practice & Innovation

info@illinoisctp.org



For all things Inclusive Post Secondary Education

<https://thinkcollege.net/>



Clear your mind of questions.

Executive Functioning



What is Executive Functioning?

“A set of cognitive processes that act like the *management system* of the brain. They are the high-level mental skills that allow you to plan, organize, and execute goal-directed behaviors.”



**AKA
“ADULTING”**

How do you coach EF?

Most students don't lack ability, they lack the tools to access it.



Top EF Skills for Post Secondary

- Time Management
- Planning
- Organization
- Task Initiation
- Impulse/Emotional control
- Advocacy



Time Management

Having an accurate understanding of how long a task will take and then being able to complete the task.

“It’ll only take me like 30 minutes so I can do it at like 11pm”

“All of my assignments aren’t due until Monday, and I have ALLLLL weekend to work on them”



Planning

Ability to figure out how to accomplish goals, both short term and long term.

- Short Term - Studying for an upcoming exam

“Sorry I missed our meeting that we scheduled last week, I didn’t look at my calendar”

- Long Term - Scheduling the right classes to obtain a certificate

“I didn’t realize we had a semester long project, so now I failed”

- Priorities - Knowing which task to complete in which order

“I failed to complete my essay that was due today because I was busy thinking about what classes to take for the rest of my time in the program”



Organization

Ability to create and maintain a system to keep everything in order.

- Physical - Actual surroundings, i.e. room, car, desk, backpack, etc.

“You can’t open the door to her closet because the floor is so piled high with things”

- Mental - Thoughts, ideas, concepts

“Sometimes I go on a walk to clear my head and realize I have been thinking so much that I have been gone for over 3 hours!”



Task Initiation

Ability to start and follow through on tasks, even when it is not desired.

“The idea of completing the whole assignment was overwhelming to me, so I just didn’t start”

“I had to do my laundry and eat dinner so I wasn’t able to write my reflection”

“My boyfriend was at my house and we hadn’t seen each other since 3 days ago”



Impulse and Emotional Control

Ability to regulate thoughts, actions, and emotions. This applies to tech literacy as well.

“I just texted the group chat that I wanted to hurt our professor cause I didn’t want to do the stupid group project”

“Yeah, I kicked him. I didn’t like the way his face looked”

“It’s okay that I spent \$1100 on DoorDash this month, it’s not my money anyways”



Advocacy

Ability to know when help is needed, and to ask for it.

“I had no idea what was going on in class so I just sat there while everyone else was doing their assignment”

“I failed my test because I needed extra time and didn’t go to the testing center”

“My professor told me he could help me, but I never went to his office hours”





spill the tea

How do we teach EF now?





EF in the classroom

- Assessments
 - [LSA EF Assessment](#)
 - [LSA EF Assessment PICS](#)
- Free Online Resources
 - [Month to month guide](#)
 - [Pathway 2 Success](#)
- Tech Tools
 - Tech safety
 - Texting, social media
 - Google Calendar
 - Google Keep
 - [Notebook LM](#)
 - [This presentation](#)
 - Timers on your phone/google
 - Pomodoro

Strategies for Supporting Executive Functioning Needs

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<p>Have homework written down in the same spot every day</p> 	<p>Explicitly teach executive functioning & study skills</p> 	<p>Give an extra 3-5 minutes to organize before transitions</p> 
<p>Schedule a weekly organization time</p> 	<p>Create routines and practice them often</p> 	<p>Incorporate movement during instruction</p> 
<p>Create an end-of-the-day checklist to remember materials</p> 	<p>Provide brain breaks during and after instruction</p> 	<p>Clearly explain academic & social expectations</p> 
<p>Keep an extra set of books at home and in the classroom</p> 	<p>Use countdowns & time checks during work periods</p> 	<p>Have students set up homework binders</p> 

Find more tips at: www.thepathway2success.com Clipart by Kate Hadfield

Start Agency Connections NOW!

DRS can be very helpful in helping students set & achieve employment goals

As of October 2024, students can now use *both* education and training AND job placement services at the same time!

Also, as of October 2024, all CTP programs are covered by DRS, and *some* IPSE programs are as well

There was a recent RSA audit of DRS services and based on the findings, they are working to enhance their practices.



EF IRL

- Simulate the real world
 - Clocking in and out
 - Practice job sites
 - Give a task, ask for the plan
 - Go out into the community using public transportation, GPS, etc.
 - Allow students to fail!
 - High expectations are good!
- Go visit an IPSE program!
 - Need help? Ask Dani!





Who is a good candidate?



Student Profile for IPSE

Behavior-Exhibit socially adaptive and responsible behaviors in and out of the classroom and around campus. Must also adhere to campus conduct policy.

Campus Independence-Be able to travel independently to and from college. Student must also be able to independently navigate the campus including to and from class, college resource centers, and student events.

Self-Medication Ability-Be able to independently manage and self-administer medicine.

Communication Ability-Be able to independently and effectively engage with program staff, college faculty, and peers both virtually and in person.

Technology Ability - Be able to independently access and navigate technology (cell phone, email, laptop, etc.) for daily communication.

Academic Ability- Must have basic reading and writing skills, and the ability to stay focused and engaged in class for up to 2 hours at a time.

****** It is essential for students in the program to be self-motivated and actively participate in courses, activities, employment, and the campus community as a whole.**



Get in touch!

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