



After school
19-24
Early adulthood



I can:

Understand my personal strengths and limitations

Express my own point of view



I am learning how to:

Negotiate my own learning and/or professional progress

Demonstrate independence in time and financial management, problem solving, and decision-making

Navigate the increased responsibility and self-reliance of adulthood

Balance competing priorities and stick to long-term goals



Help me learn by:

Providing social and emotional support as I adjust to the transition from school

Promoting opportunities for community and cultural engagement

Offering time as a mentor, giving me feedback and practical advice

Encouraging me to set aspirations and make plans to pursue my goals

Funding transition services, especially if I am at risk of disengagement or exclusion