

Competency Sheet
Who Am I? Career Assessment
Chapter 1 Lessons 1-10 *Merging Two Worlds*

Lesson	Date Started	Date Completed	Instructor Signature
1. What's In It For Me?			
2. Exploring My Values			
3. What's Your BQ (Belief Quotient?)			
4. Exploring My Personality			
5. Knowing Who You Are			
6. I Can Do That! Exploring My Skills			
7. Exploring Career Pathways			
8. Knowledge Is Power			
9. Putting the Pieces Together			
10. Check Me Out!			

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Competency Sheet

Where Am I Going? Career Preparation

Chapter 2 Lessons 1-10 *Merging Two Worlds*

Lesson	Date Started	Date Completed	Instructor Signature
1. Make a Decision			
2. Values – What Do You Find Value-able?			
3. The Power of Goals			
4. The Power of Goals, Priorities, Lifestyle			
5. Choices and Consequences			
6. Gathering Information / Observe			
7. Gathering Information / Ask Questions			
8. Gathering Information / Listen			
9. Other Points of View			
10. Make a Decision			

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How Do I Get There? Transition Planning

Chapter 3 Lessons 1-10 *Merging Two Worlds*

Lesson	Date Started	Date Completed	Instructor Signature
1. What's My Plan?			
2. Be Motivated/Be Resilient			
3. Be Independent			
4. Be Independent			
5. Be Healthy and Well			
6. Be Connected - Relationships			
7. Be Connected -Be Assertive			
8. Be Connected -Be Emotional			
9. Be Indomitable			
10. Be Ready - Make a Plan			

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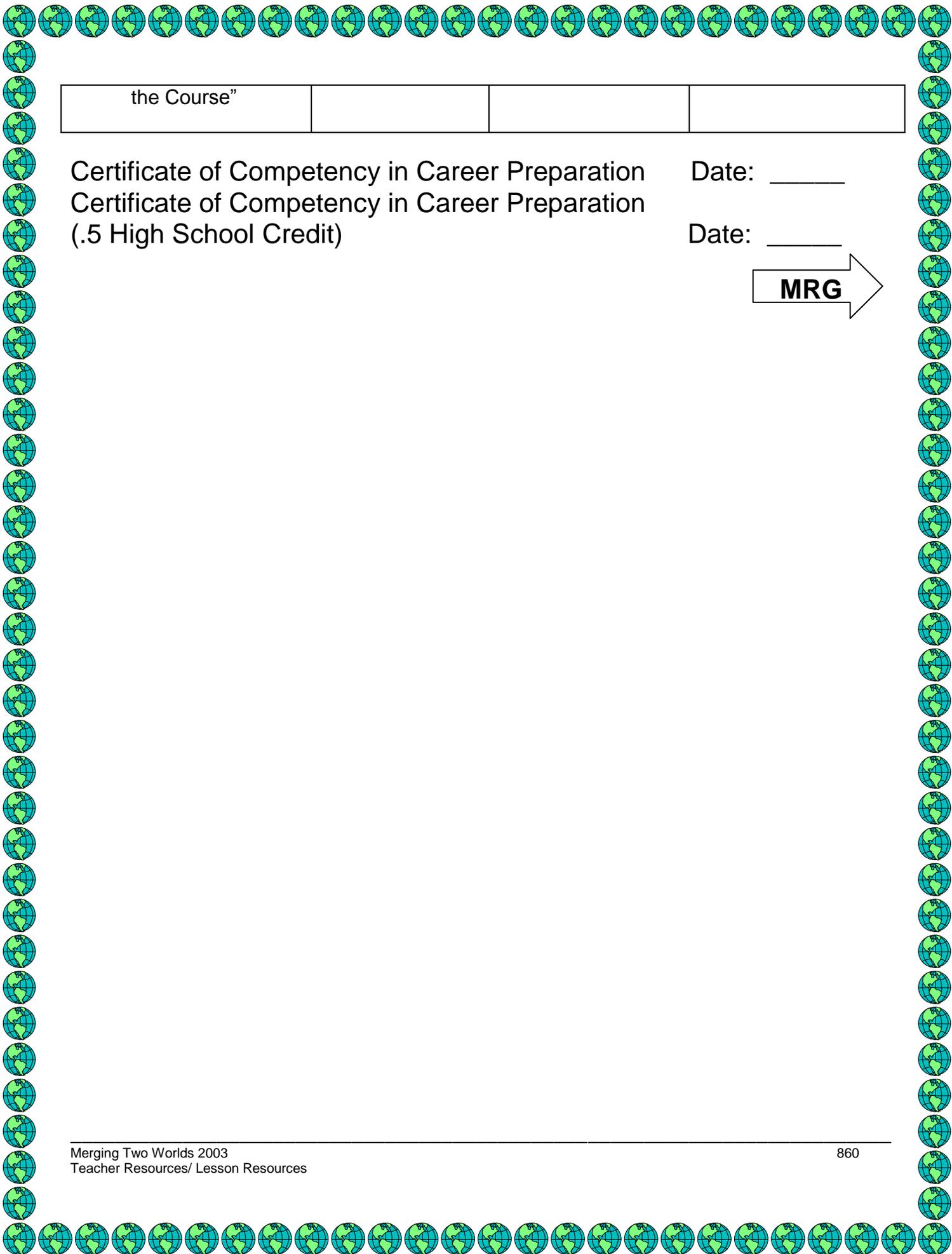
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Competency Sheet
How Do I Keep It Together? Life Planning

Chapter 4 Lessons 1-10 *Merging Two Worlds*

Lesson	Date Started	Date Completed	Instructor Signature
1. Finding A Place to Live			
2. Money Management			
3. Food			
4. Medical Treatment			
5. Transportation			
6. Communication			
7. Employment			
8. Education			
9. Leisure Time			
10. Support – “Stay			



the Course”			
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