

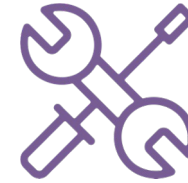
Welcome!



Visit the event page to download a copy of the webinar slides and any additional resources.



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Collaborating During Changes and Transitions for Military Students

Collaborating During Changes and Transitions for Military Students



Event Materials

Visit the **event page** to download a copy of the presentation slides and any additional resources.



Continuing Education

This webinar has been approved to offer continuing education credit. Please stay tuned for more information!



OneOp

Readiness. Knowledge. Network.

This material is based upon work supported by the National Institute of Food and Agriculture,
U.S. Department of Agriculture, and the Office of Military Family Readiness Policy,
U.S. Department of Defense under Award Number 2019-48770-30366 and 2023-48770-41333.

Today's Presenter



Dr. Kary Zarate

Assistant Professor
University of Illinois at Urbana-Champaign

Served As:

Paraprofessional
Special Educator

Research:

Collaborative Partnerships in Special
Education
Teacher Preparation & Leadership

Today's Objectives

1. Review the differing types of transitions and how those moments may impact student services.
2. Share strategies for improving collaboration before, during, and after transitions.
3. Consider upcoming transitions and begin identifying key collaborators.

Types of Transitions

Natural School Age Transitions

- NICU → Early intervention
- Summer → Fall
- Pre-k → Kinder
- Elementary → Middle School
- Middle → High School
- High School → Post-Secondary

Transitions Between Schools

- Can coincide with natural school age transitions
- Can be military-connected: moving bases
- Can be life-events

Small Scale Transitions Environments

- Classroom to classroom (Homeroom → gym)
- Between Activity (Math → Reading, Dinner → Clean up)

Available Resources for Military Families

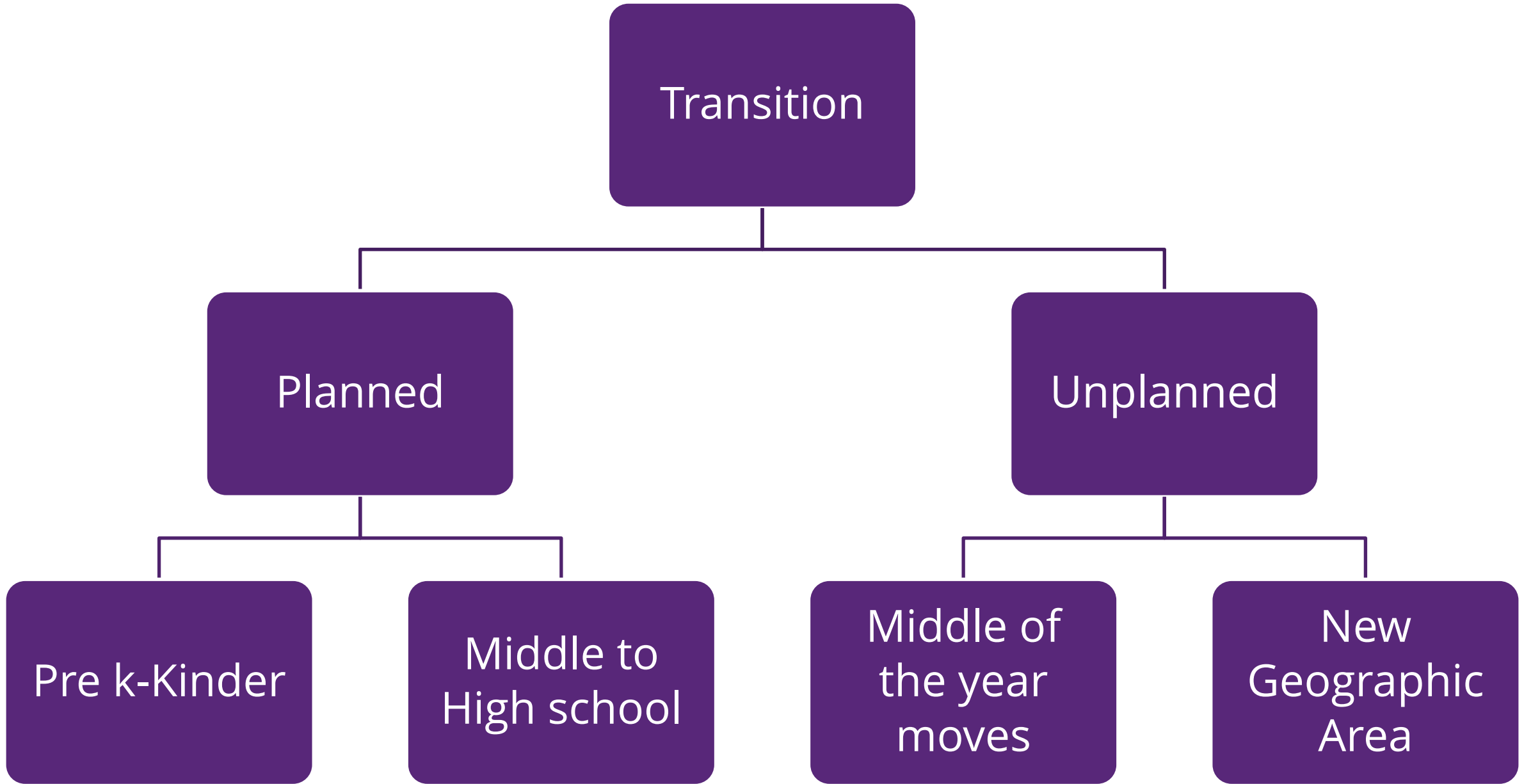
Student 2 Student

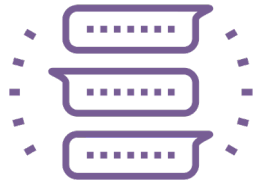


Anchored for Life



Sponsorship



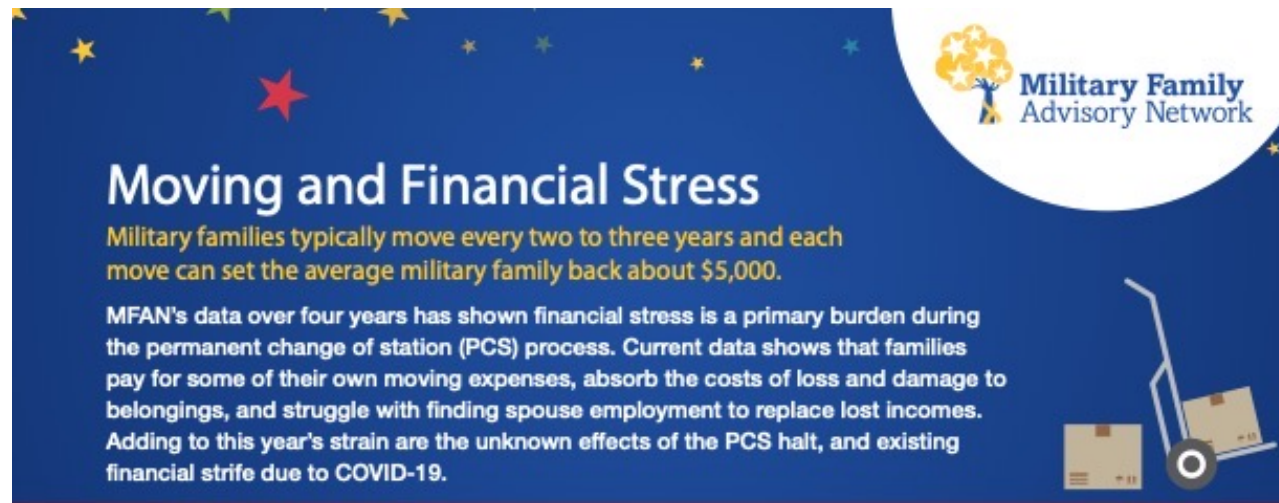


Military families move, on average, every 2.5 years and an average military child transfers schools 6-9 times by the 12th grade.

What emotional impact do you know or imagine this having on a child?



Stressors



Moving and Financial Stress

Military families typically move every two to three years and each move can set the average military family back about \$5,000.

MFAN's data over four years has shown financial stress is a primary burden during the permanent change of station (PCS) process. Current data shows that families pay for some of their own moving expenses, absorb the costs of loss and damage to belongings, and struggle with finding spouse employment to replace lost incomes. Adding to this year's strain are the unknown effects of the PCS halt, and existing financial strife due to COVID-19.

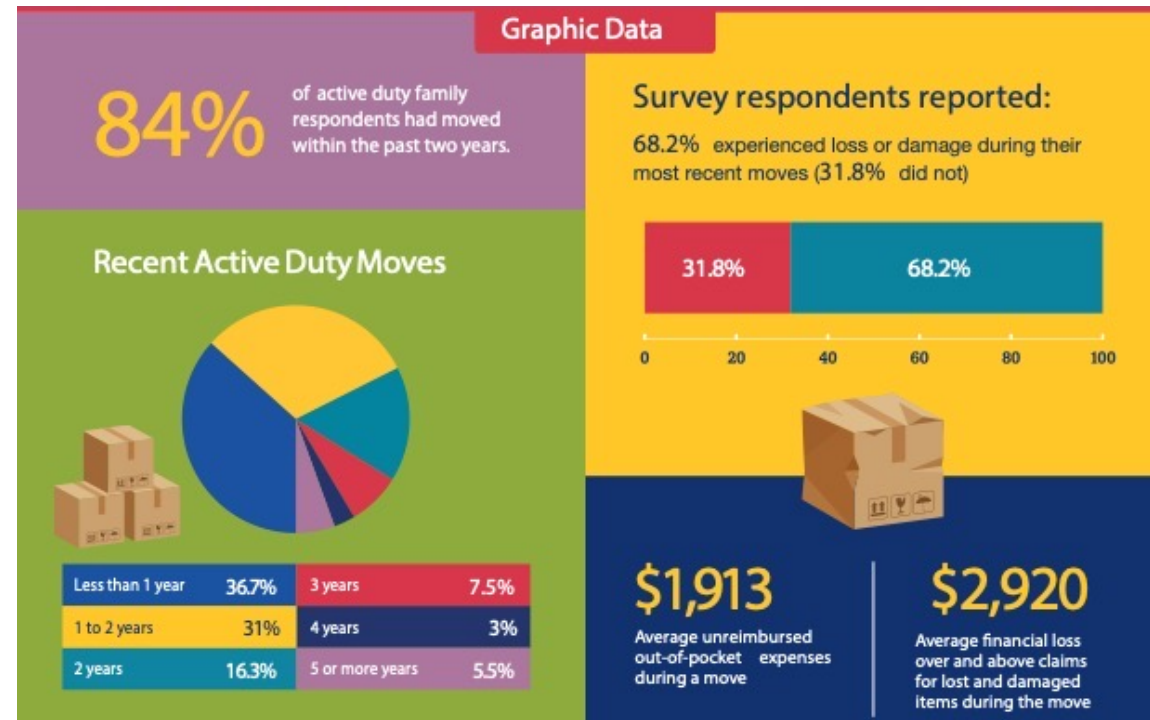
Military Family Advisory Network

You can find this PDF at the event page for today's webinar: <https://oneop.org/learn/141489/>

Stressors

84% of active-duty military respondents had moved within the past 2 years.

- 36.7% of those in less than a year
- 31% in the last 1-2 years
- 16.3% within 2 years.



You can find this PDF at the event page for today's webinar: <https://oneop.org/learn/141489/>

Emotional Impacts of Moving on Families

Worry & Anxiety

Fear

Relocation Depression & Social Isolation
Can lead to co-dependency between family members

Hopefulness

Excitement

Educators also have feelings!

Loss

Sadness

Anxiety & Worry

Responsibility

Overwhelmed

Relief

Items *Typically* Needed for a School Transfer

Original birth certificate or another certified document proving your child's age

Transcripts or report cards from previous schools. You may be able to authorize your child's former schools to release these directly to the new school

Discipline reports from previous schools, often required for grades 7-12

Proof of immunization

Proof of residence, such as a utility bill, rental agreement, or mortgage document

Individualized education program documents, if applicable

Medical information, as required by the state; some states require vision, hearing, and dental screenings.

Items *Typically* Needed for a School Transfer

Proof of custody if you are your child's legal guardian but not the child's parent

Parent or guardian's photo ID

If you will be discussing placement, the following items may be helpful:

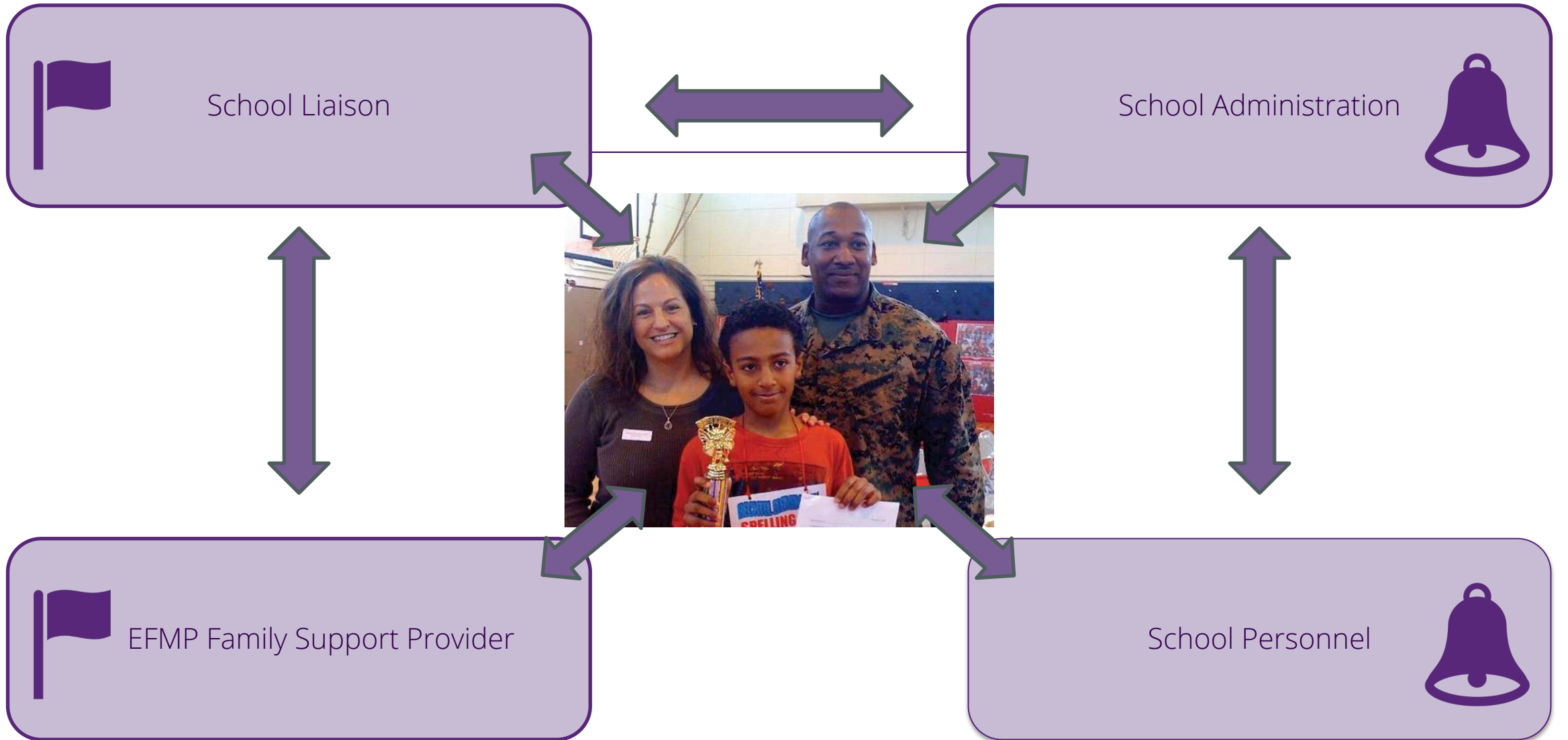
- Test Scores
- A portfolio of your child's work, including writing samples
- Notes from previous teachers about [learning styles](#) or other pertinent information

Considerations for Military-Connected Students

Military-Connected Students:

- Are expecting the unexpected
- Say “Good-bye” & “Hello, I’m ___” a lot
- Get used to understanding temporary friendships
- Sometimes require help from people they just met in emergency situations
- Feel misunderstood or different
- It can also mean resilience, perseverance, and lots of opportunities to practice being flexible





School Liaisons

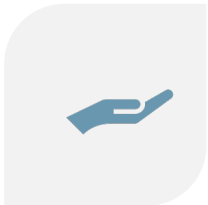
- Experts in understanding the preK-12 systems and military life
- Available to families and educators regardless of proximity to a military installation
- Build and sustain system connections
 - They assist with making family to school partnerships
 - They work with families and monitor trends for systemic problems/patterns
- Great at providing resources and information for educational support



Exceptional Family Member Program (EFMP) Family Support Provider

- Depending on the branch of the military, they may have a slightly different title and role.
- For special education support, they assist with making connections, understanding documents, and depending on the Service, providing direct IEP assistance.
- They are not “Advocates.”

Branch	EFMP Title
Army	EFMP System Navigator
Navy	EFMP Case Liaison
Marine Corps	EFMP Case Worker
Air Force	EFMP Family Support Coordinator



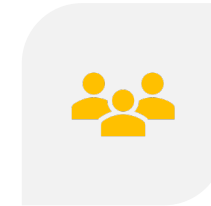
Critical School Personnel for Moves



School Clerks



Social Workers &
School Counselors



Administrators



General Education & Special
Education Teachers



School Security

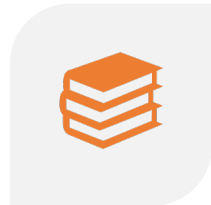


Pop-Quiz

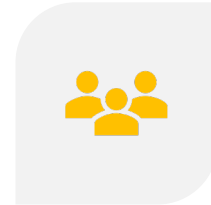
If a child receives special education services, which two people should connect?



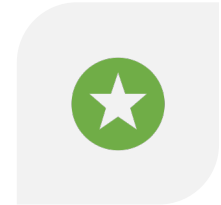
A. School Liaisons



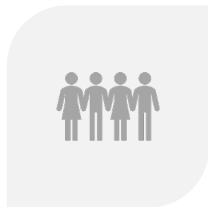
B. School Clerks



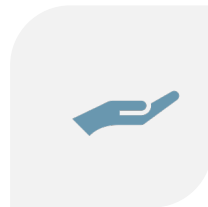
C. Administrators



D. School Security



E. Social Workers & School Counselors



F. EFMP Family Support Provider



G. General Education & Special Education Teachers

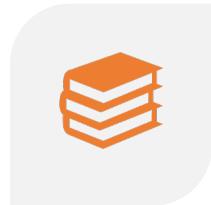


Pop-Quiz

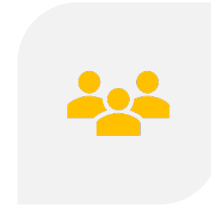
Who are the people that are going to help with logistics/paperwork?



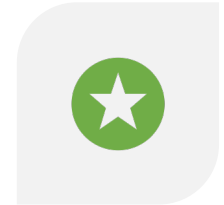
A. School Liaisons



B. School Clerks



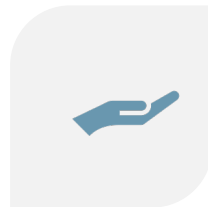
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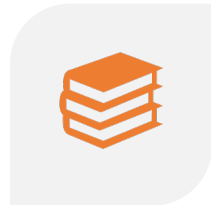


Pop-Quiz

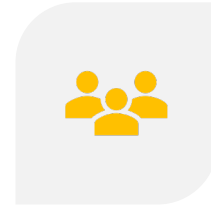
Who might assist a child with their feelings about a move?



A. School Liaisons



B. School Clerks



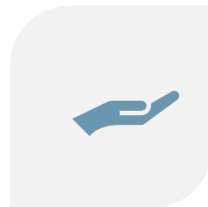
C. Administrators



D. School Security



E. Social Workers &
School Counselors



F. EFMP Family
Support Provider



G. General Education &
Special Education Teachers

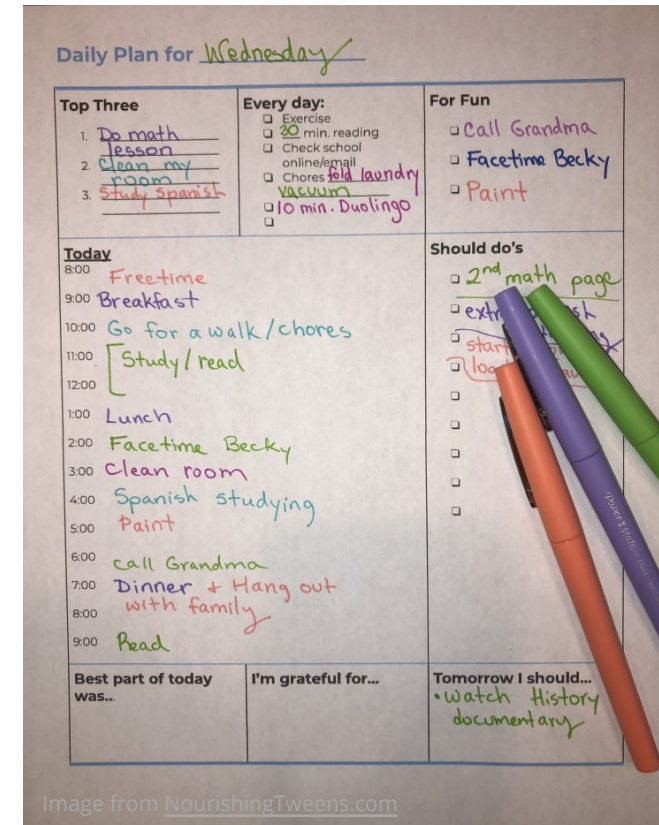
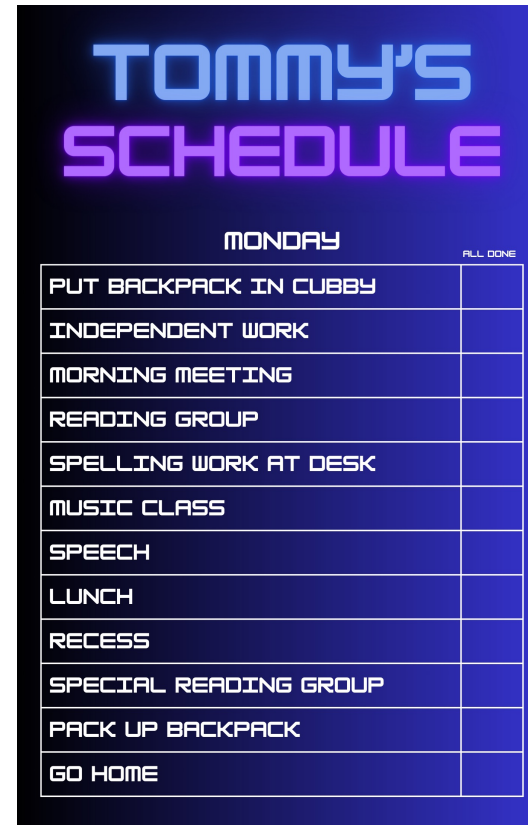
Strategies for Successful Transitions

Small Scale: Classroom → Classroom or Between Activities

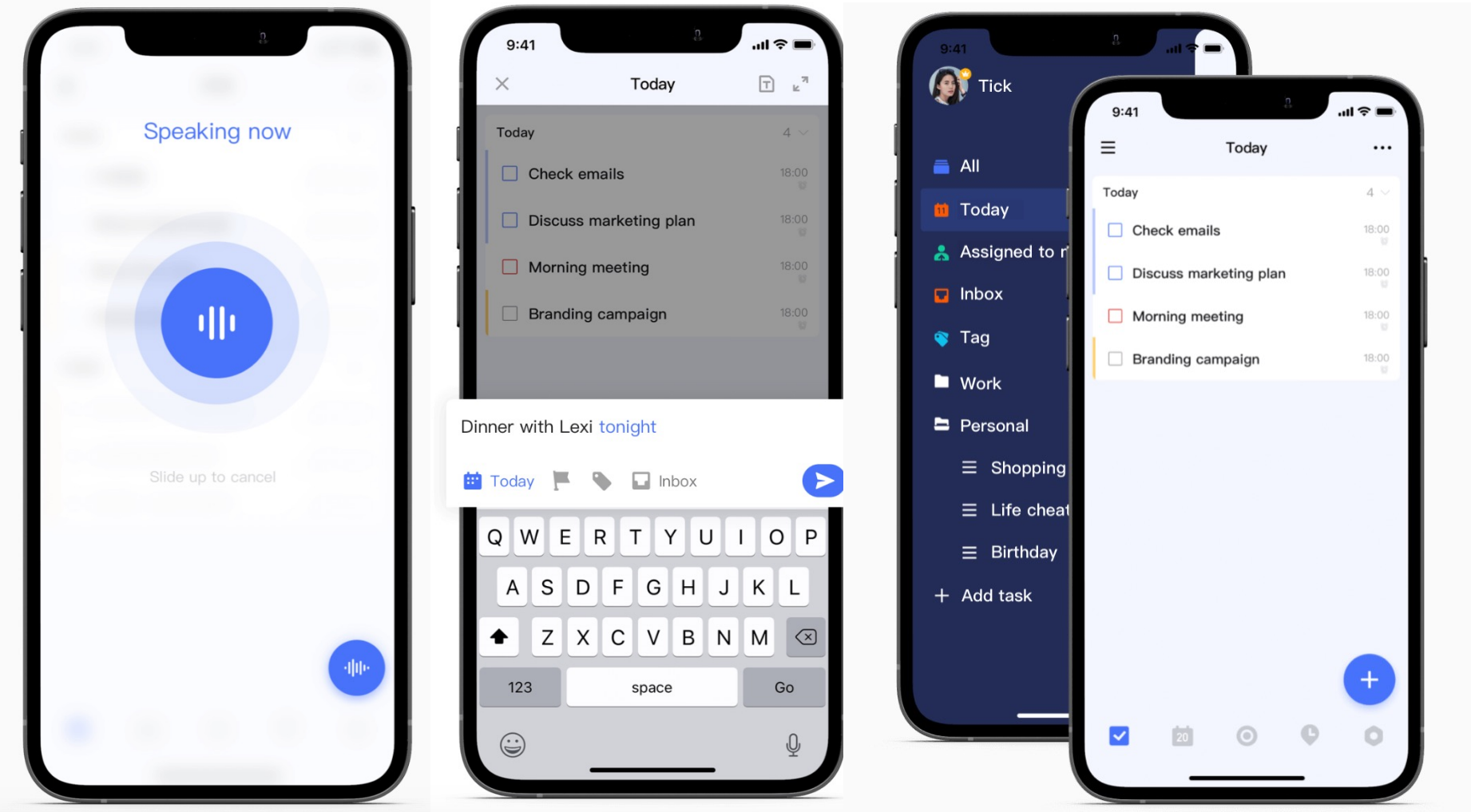
Routines with Visual Supports

Creating Schedules

- With pictures or words
- Reinforce with a preferred activity
- Apps



Tick Tick



Google Keep



Search



Notes

Reminders

Edit labels








Archive

Trash

Take a note...



History (April 25)
Finish essay by Thursday

English (April 23) 
Read pages 125-175
Answer questions on pg.
175
Due Monday
     

Structuring the Unstructured

Structuring the Unstructured

- Giving Choices for Tasks
- Giving Choices for Rewards
- Visual Timers
 - Pomodoro Timers
 - Time Timer
- Teaching students to create their own lists

<p><u>PPT Presentation</u> Complete an 8-slide presentation about weather types (hurricane, rain, snow, & lightning) that includes pictures & descriptions.</p>	<p><u>Be a Meteorologist</u> Record videos of yourself giving a 1-minute weather report on at least 3 separate days.</p>	<p><u>Short Story</u> Write and illustrate a fictional short story where various weather phenomena and related vocabulary factor into the setting and plot.</p>
<p><u>Storm Research</u> Do a Google search of <i>Hurricane Sandy</i> and type a 2-page report that includes 10 facts that you learned.</p>	<p><u>Weather Podcast</u> Submit an engaging audio clip (at least 5 minutes in length) where you discuss various weather phenomena and their impacts on your community.</p>	<p><u>Movie Trailer</u> Create a 2-minute movie trailer that provides an in-depth overview of what future students can expect to learn in the weather phenomena unit.</p>
<p><u>Interview a Meteorologist</u> Submit a screen recording of a virtual meeting with a local meteorologist where you discuss weather phenomena.</p>	<p><u>Song</u> Write and perform a song or poem that compares the types of weather phenomena covered in this unit.</p>	<p><u>Written Test</u> If you select this option, you will receive a test with short and long answer items about the weather unit.</p>

Select 1 project to complete as your end of unit test.



Structuring the Unstructured

Structuring the Unstructured

- Giving Choices for Tasks
- Giving Choices for Rewards
- Visual Timers
 - Pomodoro Timers
 - Time Timer
- Teaching students to create their own lists

I'm working for

Rules

 quiet hands	 quiet voice
 do my work	 sit

I need:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------	----------------------	----------------------












 good job

 good job

 good job

 good job

My Choice Board

 write name	 cook	 board game	 iPad
 Play dough	 color	 worksheet	 craft
 blocks	 yoga	 book	 chairs

For more free activities + visuals, visit SimplyFreeLibrary.com

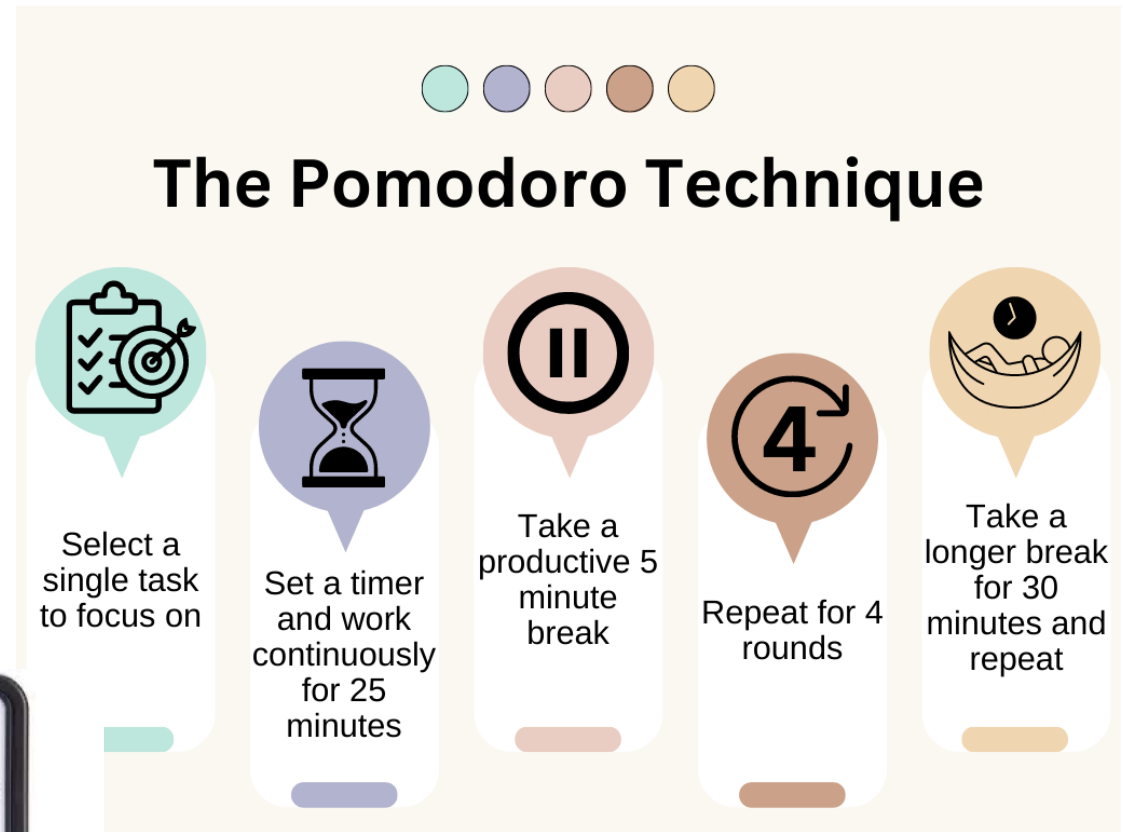
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Structuring the Unstructured

Structuring the Unstructured

- Giving Choices for Tasks
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Preview & Count Down

- **Use phrasing with time**
 - “In 15 minutes, we’re going to leave”
 - Then 10, 5, ready to go.
- **Count Downs do wonders.**
 - 10 seconds, 3 seconds
 - Give choice of count down
- **Remind of both positive and negative consequences**
 - **Natural Consequence:** If we get there on time, you won't miss anything, but if we're late, everyone's heads will turn and look at us as we're coming in.
 - **External Consequences:** Once you're done with your homework, you'll get to your games faster. If you don't finish before dinner, you won't have time to play.



Strategies for Successful Transitions


School to School
Planned or Unplanned


Experiencing Uncertainty


- We often try to get rid of feelings by saying “it’s OK”.
 - Instead, we can sit with those feelings, they will pass.
 - Encourage expression of them
- Help your child NAME their feelings.
 - Visual supports might be necessary.
 - There are more than 6 feelings!


6 Steps to Mindfully Deal With Difficult Emotions

 **1 Turn towards your emotions with acceptance**
Become aware of the emotions and identify where you sense it in your body.

 **2 Identify and label the emotions**
To stay mindful, say to yourself, “This is anger” or “This is anxiety.”

 **3 Accept your emotions**
Don’t deny the emotion. Acknowledge and accept that it is there.

 **4 Realize the impermanence of your emotions**
Even if the emotion feels overwhelming, remember that it will pass.

 **5 Inquire and investigate**
Ask yourself, “What triggered me? Why do I feel this way?”

 **6 Let go of your need to control your emotions**
Be open to the outcome of your emotions and what unfolds.

@yourmentalhealthpal



Keep Routines & Similar Workspaces

- Morning and Evening Routines
- Homework / School Workspace
 - Kitchen table at the old house → kitchen table at the new house.
 - In classroom: up front, back, by door
 - It's about the feeling, not the space.

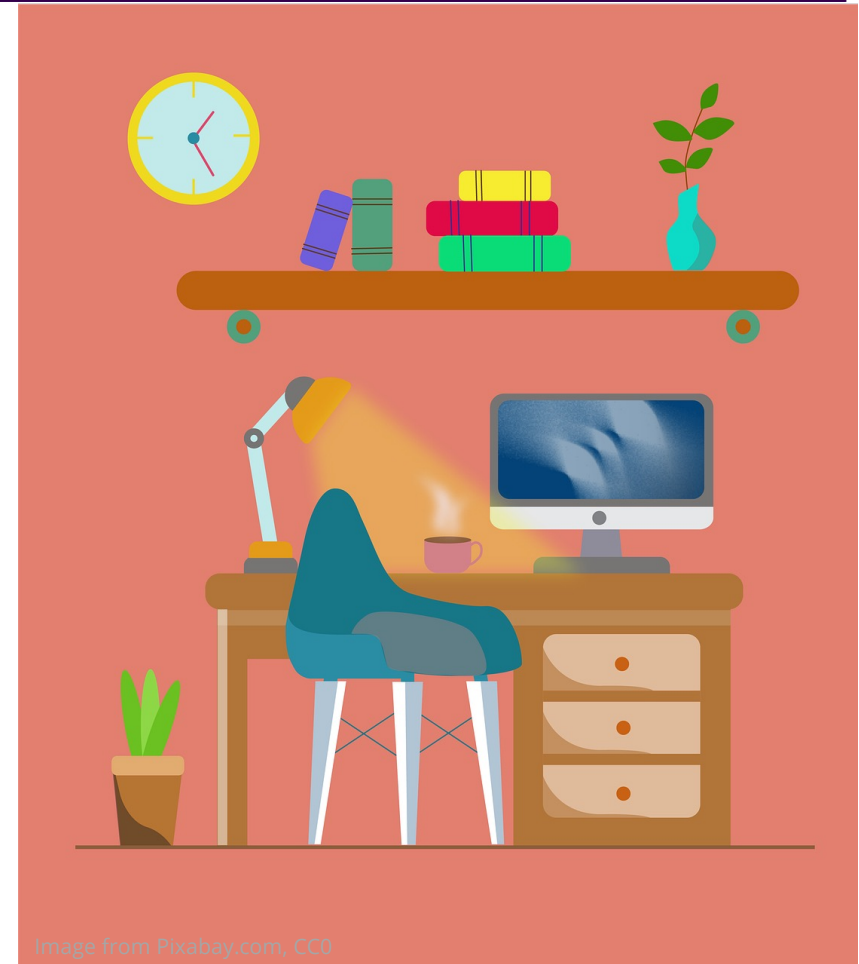
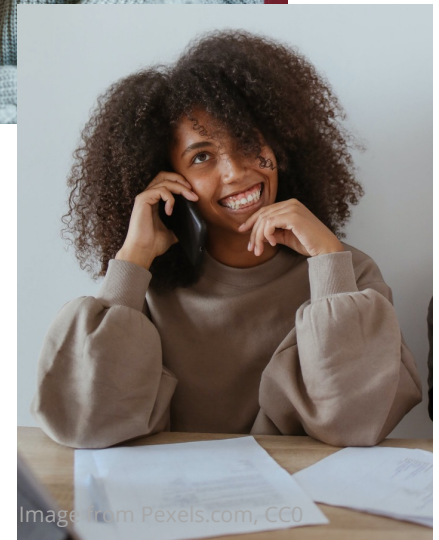
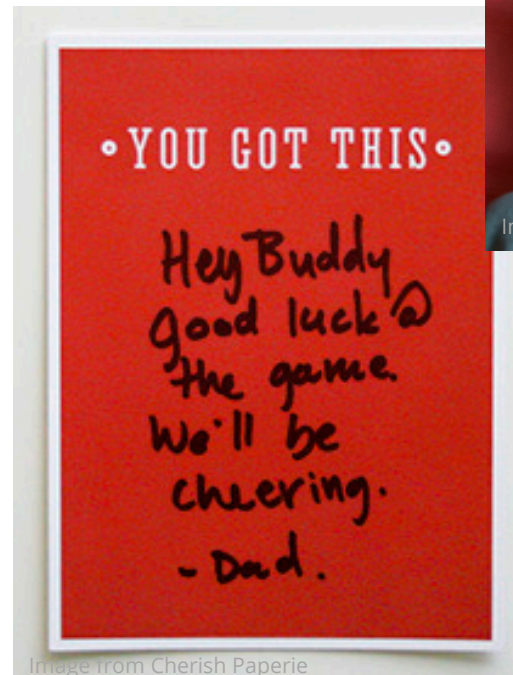


Image from Pixabay.com, CC0



Create Rituals

- High Fives, Hugs, Phrases
- Notes in lunch
- Stuffed animal in the backpack
- Calls home during set time
- Phrasing for goodbyes:
 - Worried → Hopeful



Options for Control

- Picking out clothes
- Meal Planning
- Classroom Helpers





Kids These Days

Do you know what the current hot teen topics are right now??



Twitch



YouTube



TikTok



Instagram



Discord

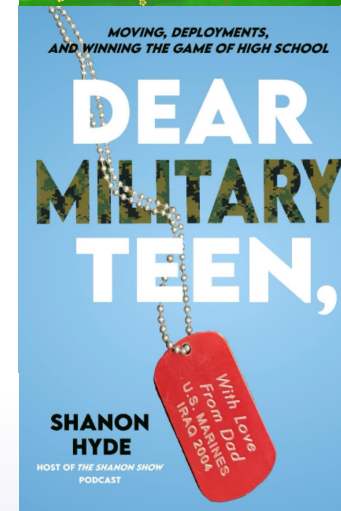
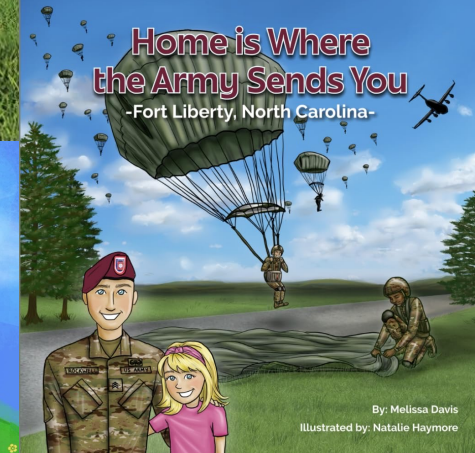
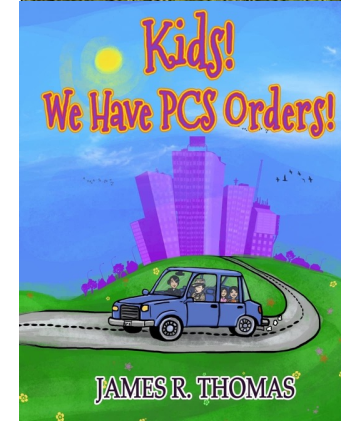
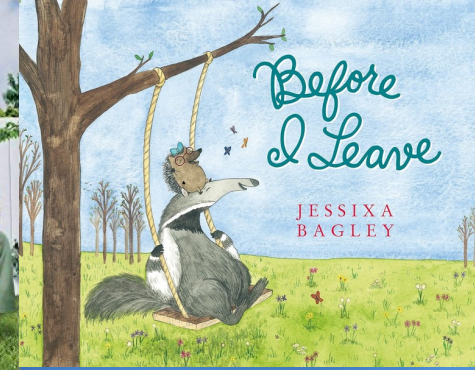
Topics for Social Discussion

- Script and act out possible scenarios.
- Ask what the students are really into.
 - Is there a TV show they are all watching?
 - Can the student watch it too?
 - Current events and trending stories are important for social connections.
- Some children may even want to practice these situations.
 - Lunchroom conversations
 - Bus rides



Stories and Books

- Reading books at night about moving
 - [Growing Book by Book](#)
- Create a social story where the child is the main character
 - Can be descriptive about what to expect.
 - [Carol Gray Social Stories](#)
- Access online resources
 - [Sesame Street for Military Families](#)
 - [Bloom Military Teens](#)



for Military Families™

The **FIELD GUIDE** to the **MILITARY TEEN**

A guide to military teens by military teens
For communities with military teens

Practice, practice, practice!

For middle & high schoolers, practice:

- Opening lockers
- Finding classes using a map of the school
- Getting up early and getting ready
 - Start 2 weeks before
- Navigating lunchroom procedures

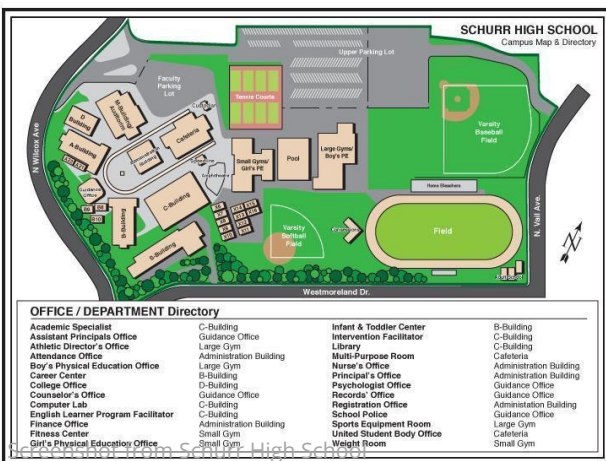


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Check-ins with Families and Teachers

- Set times for checking-in
 - End of first week
 - After 3 Weeks
 - After 7 weeks
 - After 10 Weeks (1st quarter, parent teacher conference)
- Planned times for conversation so that first calls are expected and not for negative reasons.



FAQs

- How long does it take to get settled in?
- What are signs of not adjusting?
- What if parents don't have the required paperwork?

Resources:

- Signs Your Child is not Adjusting to a New School Year from [CBS News](#)
- Stress in Children: Signs, Symptoms, and Strategies from [Kids Minds Matter](#)

Review

- Kinds of transitions from small → big, planned → unplanned
- Who to connect with in schools for what
- 11 different strategies to help with transitions
- How to collaborate on those strategies between home and school



Final Thought

Extend grace – to yourself, students, families, and colleagues. Moving is so hard on so many levels.

Contact Us

Kary Zarate

kzarat2@illinois.edu



2023 Series



Identifying Key Collaborators for School Services for Military-Connected Students



Conflict Happens: Anticipating and Overcoming Challenges



Improving Military Student Outcomes Through Effective Professional Collaboration



Collaborating During Changes and Transitions for Military Students

Continuing Education



This webinar has been approved for the following continuing education (CE) credits:



Thank you for participating in this evaluation.

Board Certified Patient Advocates & Case Managers: If you would like to receive 1.5 contact/clock hours from the **Patient Advocate Certification Board** and/or the **Commission for Case Manager Certification**, please click on this link to access your certificate: [https://www.pacert.org/certification/certification-process/certification-process-2023-2024](#)

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Education professionals: If you would like to receive a Certificate of Completion for **general use** and/or 1.5 State Continuing Education Clock Hours (SCECHs) for providers in **Michigan**, please click on this link to take the post-test: [https://www.michigan.gov/education/0,4570,7-153_11818_11819_11820_11821_11822_11823_11824_11825_11826_11827_11828_11829_11830_11831_11832_11833_11834_11835_11836_11837_11838_11839_11840_11841_11842_11843_11844_11845_11846_11847_11848_11849_11850_11851_11852_11853_11854_11855_11856_11857_11858_11859_11860_11861_11862_11863_11864_11865_11866_11867_11868_11869_11870_11871_11872_11873_11874_11875_11876_11877_11878_11879_11880_11881_11882_11883_11884_11885_11886_11887_11888_11889_11890_11891_11892_11893_11894_11895_11896_11897_11898_11899_11900_11901_11902_11903_11904_11905_11906_11907_11908_11909_11910_11911_11912_11913_11914_11915_11916_11917_11918_11919_11920_11921_11922_11923_11924_11925_11926_11927_11928_11929_11930_11931_11932_11933_11934_11935_11936_11937_11938_11939_11940_11941_11942_11943_11944_11945_11946_11947_11948_11949_11950_11951_11952_11953_11954_11955_11956_11957_11958_11959_11960_11961_11962_11963_11964_11965_11966_11967_11968_11969_11970_11971_11972_11973_11974_11975_11976_11977_11978_11979_11980_11981_11982_11983_11984_11985_11986_11987_11988_11989_11990_11991_11992_11993_11994_11995_11996_11997_11998_11999_12000](#)

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Evaluation Link

Go to the event page for the evaluation and post-test link.

[Continuing Education](#)

Questions?

Email Robyn DiPietro-Wells:
OneOpEarlyIntervention@gmail.com

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