



# Triangle Pre-ETS Newsletter



*Job News You Can Use*

## Pre-ETS Monthly

March



### Medford High School Joins Pre-ETS Internship Programming

Medford High School students join the manufacturing project at our Pleasant Street Location. They will learn to perform tasks while practicing COVID safety procedures in a professional working environment. Students will receive work task training and COVID guidance to perform their jobs successfully and safely. Accompanied by teaching staff Medford students work one day per week perfecting their workforce development skills and experience traveling to and from work.

We are excited to offer an opportunity for students to practice skills previously taught during Pre-ETS trainings, in a work setting, while earning a paycheck. In place of "We are excited to offer work life balances experiences and functionality skills."



### Virtual Career Engagement Panel

"We hosted our first virtual Career engagement Panel for our students. The 3 speakers for the event were each from distinctly different professions yet all had similarities. Cassie is the set production manager for the Central Square Theater in Cambridge who shared with us her path to pursuing her dream of a

career in theater arts. Janelle the owner of Yell for Janelle, started her own errand and “personal assistant” business on the North Shore 2 years ago which continues to grow as a valuable service for many customers. Thais, a freelance photographer from Melrose gave the group an inside look into the world of photography which included visual aids on Zoom. The group enjoyed a robust discussion of each industry and the students asked thoughtful questions of each presenter. It was both educational and inspiring for our students as they pursue their own careers in the future. We look forward to planning career panel events in the future...”



## Shout Outs

*With Thanks and Appreciation*

Joanne Boucher/Special Education Coordinator  
Southeastern Regional High School

Thank you for your partnership!

## Up and Coming

*Looking Forward*



### Up and Coming

#### February 2021 - May 2021 Workshops & Training Schedule

##### Workforce Readiness Training

- Class 5: 3/3/2021: Making First Impressions and Professional Dress
  - Class 6: 3/10/2021: CAR Method - Challenge, Action, Result
    - Class 7: 3/17/2021: Interview Preparation
- Class 8: 3/24/2021: STAR Method - Situations, Task, Action, Result

- Class 9: 3/31/2021: Remote Mock Interviews

### **Self Advocacy Training**

3 Classes, Thursdays, 3:30 - 5:00pm, February 11th - February 25th

- Class 1: 2/11/2021: Advocacy 101, How to Ask for Help and When?
- Class 2: 2/18/2021: Interests, Experience, and Skills in Relation to Work
- Class 3: 2/25/2021: Leadership, Working with Different Personalities and Accommodations

### **Job Exploration Counseling**

9 Classes, Thursdays, 3:30 - 4:30, March 4th - April 29<sup>th</sup>

- Class 1: 3/4/2021: Employment Literacy, Documents Needed for Work, Why Work?
- Class 2: 3/11/2021: My Interests and Experience and Skills in Relation to Experience
  - Class 4: 3/25/2021: Vocational Interest Inventory and Job Zones
  - Class 5: 4/1/2021: Career Brainstorm and Goal Setting
  - Class 6: 4/8/2021: Short- and Long-Term Goals
  - Class 7: 4/15/2021: Job Exploration Profile
  - Class 8: 4/22/2021: Jeopardy JEC Review
  - Class 9: 4/29/2021: Vision Boards

### **Counseling in Post-Secondary Education**

8 Classes, Wednesdays, 3:30 - 4:30pm, April 7th - May 26th

- Class 1: 4/7/2021: Interpersonal Skills; roommates, meeting new people and boundaries
  - Class 2: 4/14/2021: Interpersonal Skills Continued
- Class 3: 4/21/2021: Problem Solving, Decision Making, Compromise
- Class 4: 4/28/2021: Problem Solving and Decision Making Continued
  - Class 5: 5/5/2021: Organization, Time Management
- Class 6: 5/12/2021: Organization and Time Management Continued
  - Class 7: 5/19/2021: Professional Email Communication
  - Class 8: 5/26/2021: Self Care and Making Healthy Choices

### **Work-Based Learning Experience**

Triangle will offer Work-Based Learning Experiences on a monthly basis. Experiences may consist of guest speakers, virtual tours, or job shadows, etc. Currently, Work-Based Learning Experiences are remote experiences. Triangle hopes to be able to offer in person Work-Based Learning Experiences when safe to do so. Paid internships will also be offered to those who qualify, in person, if safe to do so, or remotely. Triangle will send out individual flyers for each event



## **Testimonials**

*Here's What's Being Said*

Good morning,

I just wanted to take a moment to thank you both for today and to tell you how much I truly appreciated the Triangle zoom that my student and I were in this morning. I have not seen her this engaged and happy to be in a class as long as I have known her. She was truly happy that she was in a zoom class that was

completely tailored to her. The whole zoom was in Spanish so she understood everything and even when she didn't know what the term was it was explained to her in a way that she could both understand and learn from. As I am writing this, I am getting slightly emotional, I have not seen her smile and laugh like that in a long time. It truly meant so much to both of us as student and para.

Thank you again  
Have a great day,

Paraprofessional  
Watertown High School

This program allows many students to have access to information and resources that help us gain numerous lifelong skills we can use in the real world. Having a group of professionals who are completely invested in our success makes all the difference.

Marina

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Looking for more information?

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