

CT Youth Leadership Forum – 2026

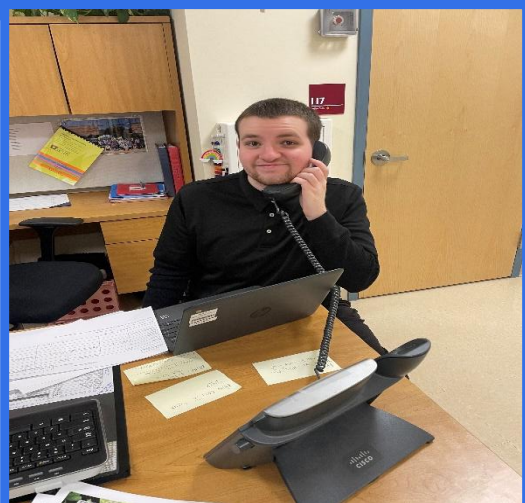
YLF Luncheon

***LifeCourse Planning &
How to Use It***

July 31, 2026

Day Five – Friday





Core Belief:
All people and their families have the right to live, love, work, play, learn, and pursue their life aspirations (goals/dreams) in their community.



What is our Game Plan?

Name _____

BEST DAY EVER

I would like to eat and drink _____

A relaxing activity I would do is _____

An exciting activity I would do is _____

Something new I would want to try is _____

I would spend time with _____

I would buy myself _____

The place I would most like to be in _____

Step 1

Portfolio for Planning

Name: _____ Date: _____

What do people like and admire about me?

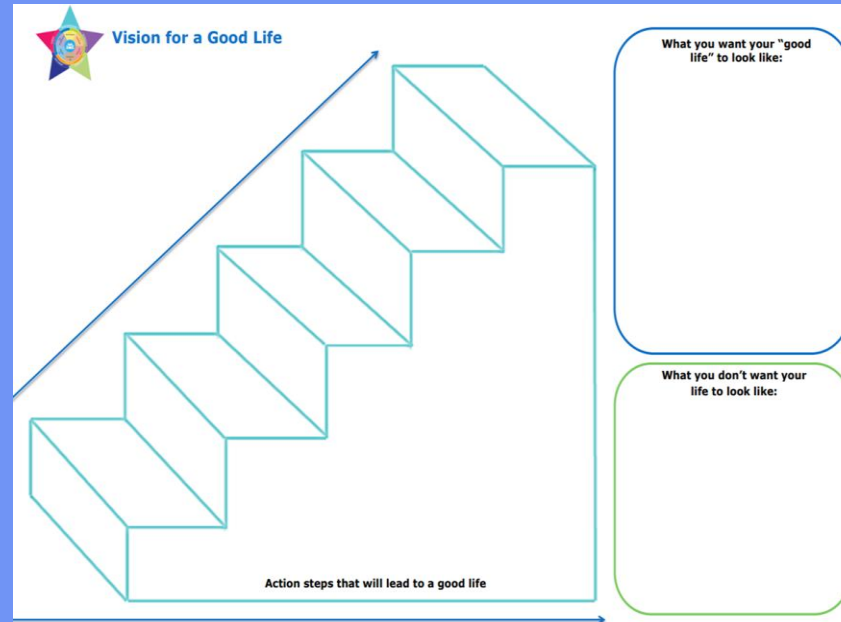
What is important to me?

What are the best ways to support me?

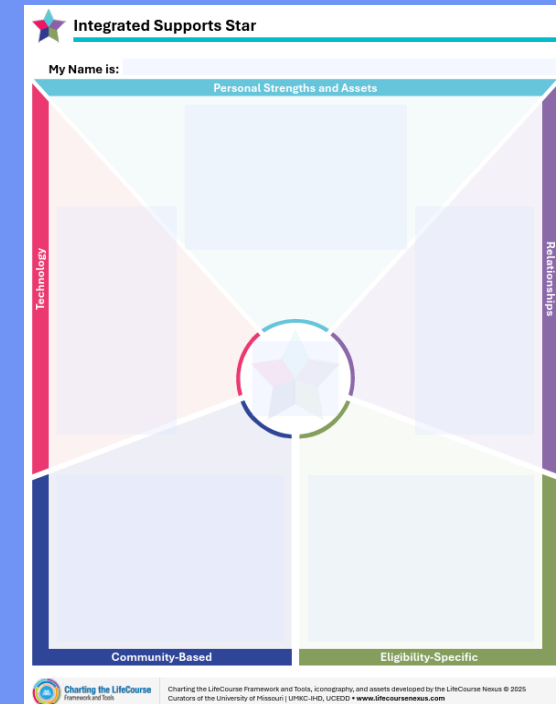
Charting the LifeCourse
Framework and Tools

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Step 2



Step 3



Step 4

Davion

Best Day Ever

1. I would eat and drink burger Sprite
2. A relaxing activity I would do is Playing Music
3. An exciting activity I would do is thrift shopping
4. Something new I would try is bake a dessert
5. I would spend time with friends
6. I'd buy myself electronics

George

Best Day Ever

1. I would eat and drink Brgers and f
Vitamin water
2. A relaxing activity I would do is music
3. An exciting activity I would do is Dye Hair red
4. Something new I would try is Float down a river
5. I would spend time with FRIENDS
6. I'd buy myself EarBuds

Best Day Ever

7. I'd listen to Night Sound

8. I'd wake up around 7:00 AM

9. I'd go to bed around 11:30 PM

10. I would get my picture taken with LeBron James

11. The place I'd most like to be at is the Basketball Hall of Fame

12. The weather would be Sunny

13. I'd finally go on vacation with my family

Best Day Ever

7. I'd listen to All of Gorillaz

8. I'd wake up around later in the am

9. I'd go to bed around 10:30

10. I would get my picture taken with John Mayer

11. The place I'd most like to be at is home

12. The weather would be Warm

13. I'd finally win in Super Mario Party Jamboree

LifeCourse Planning: One-Page Profile

When you are having those good days:

- What do people like and admire about YOU?
- What is important to YOU?
- What is the **best** way to support YOU?

 Portfolio for Planning

Name: Owen's Date: _____

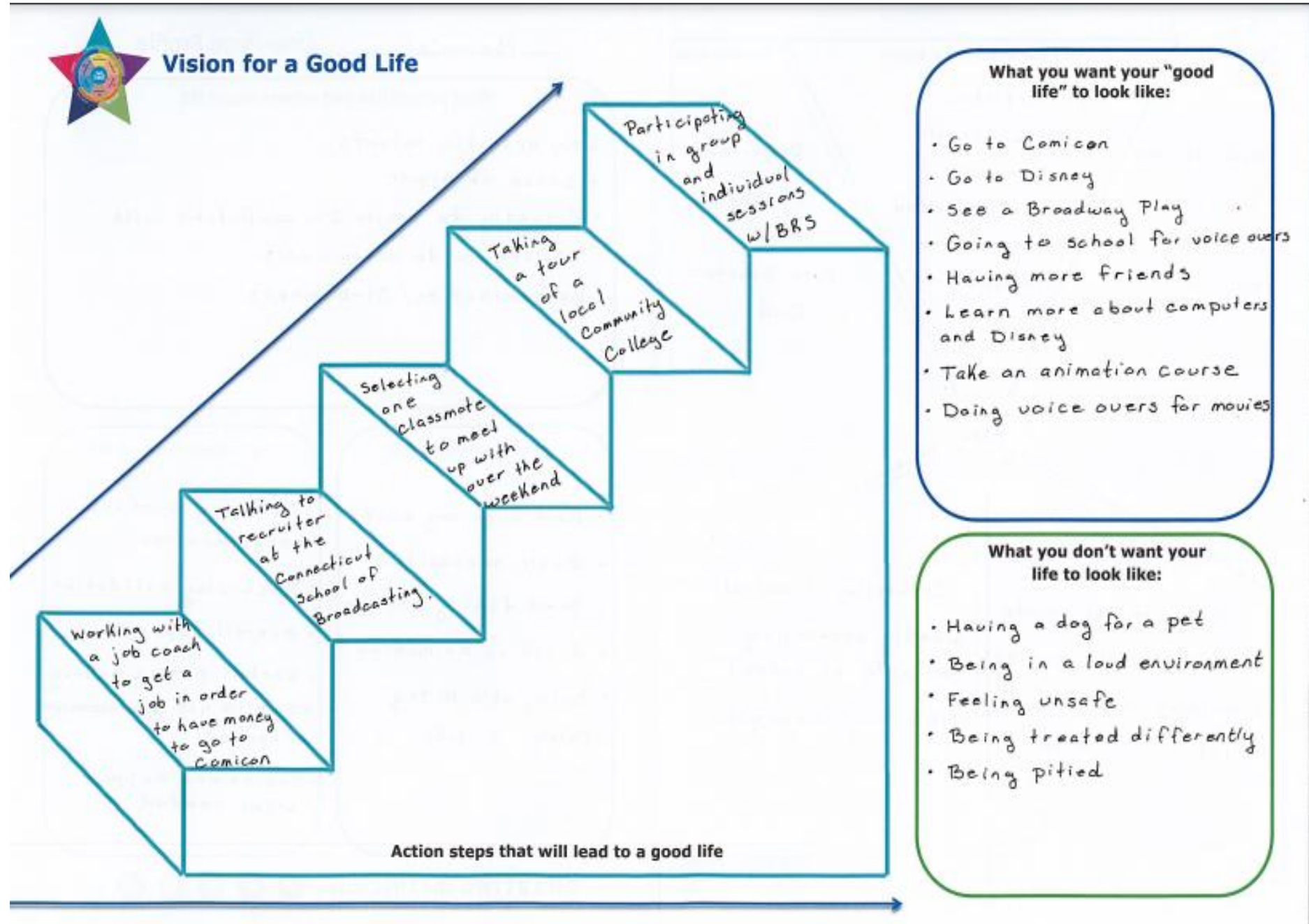
What do people like and admire about me?
I am hilarious, quick witted, treat others nicely. Sweet and kind, competitive. Really good at video games. Entertaining

What is important to me?
Family, friends, Milo my dog. Ziggy my guinea pig. Getting things right the first time. Free running, exercise, staying organized, Time. People ask me what I want to do. Drawing

What are the best ways to support me?

- *Extra time*
- *Organizers*
- *Gentle Reminders*

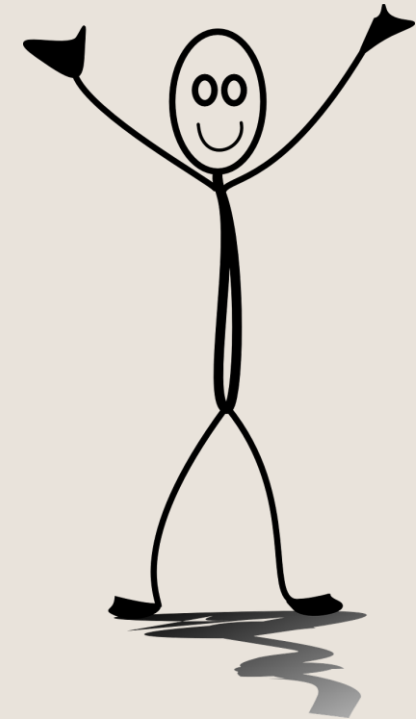
Trajectory: Action Steps



My Name is: _____



Student Example



Planning and Placement Team (PPT) Meetings: A great place to start!

- Prepare a list of ideas, goals, or write a story
- Share what you have learned – needs, likes, and dislikes
- Ask school staff for help preparing for the meeting
- Use your *Charting the LifeCourse Plan* for student/parent decisions for your Individualized Education Program (IEP)



Students should start attending meetings at a young age for the first or last 20 minutes.



Listen



Practice in a safe environment.

[Your Name & Year]

[You may want to pick a theme. You can insert pictures, gifs, or images that describe you! (School appropriate)]

**What People
Admire
About Me**



**What's Important
to Me**



**How to Best
Support Me**



Vision

What I want:

1. List here



What I don't want:

1. List here



Action Plan

My job	Family's job	School's job

Let's talk about . . . Goals!!

Postsecondary Outcome Goal Statements

When I have a job . . . (employment)	I, <u>[name]</u> , will . . .
I want to keep learning . . . (postsecondary)	I, <u>[name]</u> , will. . .
I would like to be more independent (daily living skills)	I, <u>[name]</u> , will . . .



GOAL:

DEFINE SUCCESS	SUCCESS SCALE							
Describe what exceeds expected success would look like for this goal:	★★★★★							
	★★★★							
Describe what expected success looks like for this goal:	★★★							
	★★							
Describe what minimum success would look like for this goal:	★							

Successes: What's working?

Barriers: What's not working?

STRATEGIES	 SUPPORTS	START DATE	TARGET END DATE

You can [fill this sheet](#) out if you want an **action plan** to obtain your goals.

Complete this with the people that are part of your plan (parents, teachers, friends)

Then add it to your presentation!

Let's Meet Casey



Casey's Goal Sheet



GOAL:

Casey getting a small dog

DEFINE SUCCESS	SUCCESS SCALE								
Describe what exceeds expected success would look like for this goal: Casey cares for plants and fish in her apartment	★★★★★								✓
	★★★★								
Describe what expected success looks like for this goal: feeds and waters monitors needs	★★★								
	★★								
Describe what minimum success would look like for this goal: keep plants and fish alive	★								

Successes: What's working?

Casey takes great care of plants and fish
She is aware when something is not normal and addresses it or asks for help

Barriers: What's not working?

additional fees that would impact budget - vet, food, medicine and adoption fees

STRATEGIES	 SUPPORTS	START DATE	TARGET END DATE
Look at local humane society verse breeders Research appropriate breeds	mom	10-1/21	12/1/21
practice reducing personal budget	Casey	9/1/21	12/1/21
contact landlord		12/1	
Host a dog shower to support getting needed dog items	Friends and family	TBD	



Remember!

**The PPT Meeting is ALL
About You!**

**Don't Let Them Make
Decisions Without
YOU!**



Need More Information?

- **Questions about the Presentation?**

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- **Questions about LifeCourse?**

- Visit the [LifeCourse Nexus](#)

- Click on [LifeCourse Library](#)

- [Foundational Tools](#)

- [Family Perspective](#)

- **Additional Resources** – [CTYLP-Resources](#)
