Help your teen transition to college with success.

FOR MORE INFORMATION
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Email: nextstep@jbcc.harvard.edu
Visit: jbcc.harvard.edu/nextstep

About Judge Baker Children’s Center

Judge Baker Children’s Center improves the quality of children’s mental health care by translating research into programs and services that change lives.

For over 100 years, Judge Baker has been instrumental in creating a continuum of care that supports children’s healthy development at the policy, systems, and practice levels. Our research, direct programs and services, training, and advocacy make Judge Baker a preeminent voice and active resource on issues of children’s mental health.

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NEXT STEP: College Success & Independent Living Program
Empowering students with social challenges

College should be an exciting time of personal and academic growth.

We give students with social and pragmatic challenges the skills to successfully transition to college.
NEXT STEP is a college preparatory program for high school students with social challenges. Students learn and practice key social, independent living, organizational, and coping skills needed for successful college living.

**Who can benefit?**
Aspiring college students ages 16-20 with social challenges, such as:
- Asperger’s Syndrome
- High cognitive Autism Spectrum Disorder
- Non-verbal learning disability
- Other related learning differences

**This interactive life-skills program includes:**
- Peer social nights
- Multiple, day-long Saturday sessions on college campuses around Boston
- Parent educational seminars
- Week-long overnight summer program located on a local college campus
- Individualized plan for continued skill development

Participants can register for any or all of the program offerings.

**Program Benefits**
NEXT STEP participants develop social and independent living skills, including:

<table>
<thead>
<tr>
<th>Skill Area</th>
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<tbody>
<tr>
<td>Understanding college life and campus rules</td>
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<tr>
<td>Mental health coping strategies</td>
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<td>Self-advocacy</td>
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<td>Group and individual problem solving</td>
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<tr>
<td>Navigating campus common areas (i.e. library, dining hall, laundry room)</td>
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<td>Selecting classes online and shopping for textbooks/supplies</td>
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<td>Money management</td>
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<td>First impressions and self-care</td>
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<td>Organization and scheduling</td>
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<td>Leisure management/handling down time</td>
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<td>Using public transportation</td>
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<td>Skills for safe independent living on a college campus</td>
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</table>

NEXT STEP helps high school students gain skills and confidence that will help them make a smooth transition to college living.

A team of experts from a wide range of disciplines will help participants leave the program with a true understanding of what college life entails, significantly refined social and independent living skills, and a concrete plan for continued skill development.

“With NEXT STEP, I can actually imagine my child having a successful college experience. The intelligence has always been there, but the ability to navigate the everyday social experiences college demands were so crippling before the program...now I have hope.”

— NEXT STEP parent