



MS Model Youth Transition Innovation

Employment for all students

From your Benefits Specialist.....



Values

Values are the beliefs that are most important to you. Your dreams are based on your values. Even if you weren't thinking about your values, they helped form your vision for your life.

Goals—Turning Your Dreams into Reality

Goals are what you want to do. Setting goals is about taking your dreams and your vision and turning them into things you can reach for. They are simple, clear statements about where you want to end up. They are based on your values or what is most important to you.

One way to make goals simple and clear is to make them **SMART**. **SMART** stands for:

- √ **Specific**—focused
- √ **Measurable**—you can tell if it's been achieved
- √ **Achievable**—realistic
- √ **Results-oriented**—written about the end you are trying to get to
- √ **Time bound**—There is a specific time by which the goal will be reached

While goals are **SMART**, they do not go into how the goal will be reached. The "how" is the plan. Goals provide the destination and the direction for your plans. So, you can't make a plan without a goal.

Inger Giuffrida

So...what are your values and goals?

Here is something to try— SMART or Not SMART Goal?

Read the following goal statements. If they are SMART, check the SMART column. If they are not SMART, check the not SMART column and fill in the reason why the goal is not SMART.

	SMART	Not SMART	What is missing?
I will save money for community college.			
I will find an affordable and secure home by January.			
I will eat out less.			
I will save \$1000 in my IDA for a down payment and closing costs on a home in 18 months.			

A Sneak Peek at 2008 Social Security Changes (COLAs)

SSI Federal Payment Standard:

Individual	\$637/month
Couple	\$956/month

Student Earned Income Exclusion:

Monthly limit	\$1,550
Annual limit	\$6,240

Social Security Disability Thresholds:

Substantial Gainful Activity (SGA)	
Non Blind	\$940/month
Blind	\$1,570/month
Trial Work Period	\$670/month

It's time to start planning for 2008

How will COLA affect my benefits?

Will I be graduating?

My Circle of Support consists of?

This is just the start of what 2008 will bring. I'll be contacting you to set up a time to sit down and update your plans.

Lisa Ladner

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MYTI is a national Social Security demonstration project designed to assist young people to become employed through transition interventions from school to work, thereby reducing reliance on public benefits.

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