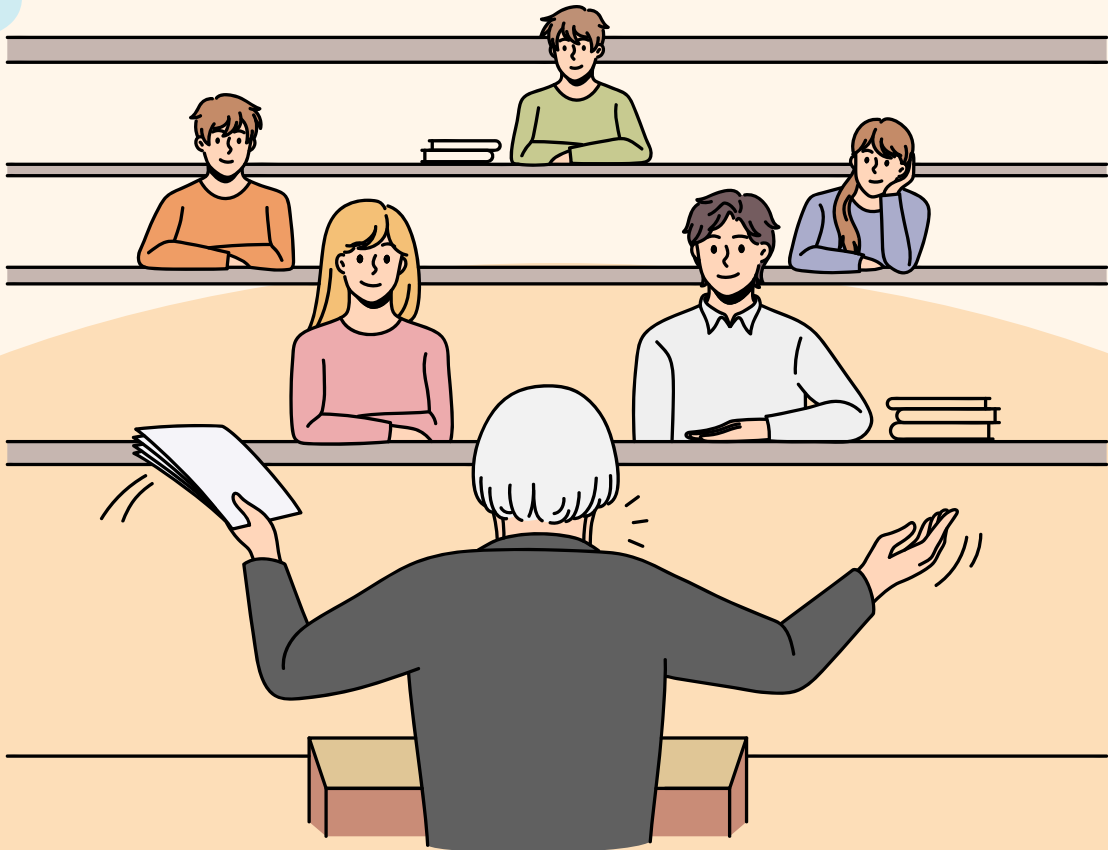


# Alex in Post 16



**Once upon a time, not too long ago, a young man named Alex took a bold step into a new chapter of his life by enrolling in his local college.**



**He was very excited and also slightly nervous about his transition from secondary school to a more independent world.**





M	T	W	T	F	S	S

**Initially, Alex felt a bit overwhelmed with some of the demands of college life like organizing assignments, keeping track of schedules, and traveling to college.**



**He met an occupational therapist (OT) who worked at the college. With the OT's guidance, Alex began to discover his strengths. They collaborated to set meaningful goals that resonated with him.**



**Together, they developed a personalised organisational system using digital calendars and reminders.**

**Visual supports helped him keep track of assignments and deadlines, turning chaos into clarity.**



**Time management techniques empowered Alex to structure his days effectively, allowing him to balance study and leisure.**



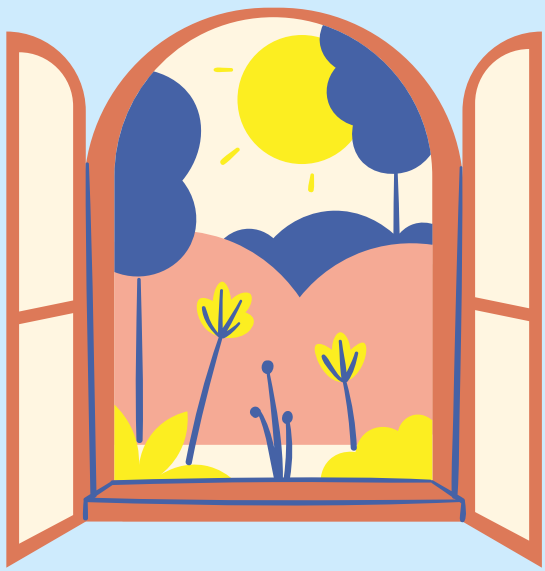


**Traveling to college became easier, too.**

**The OT introduced Alex to regulation strategies, such as mindfulness exercises, so that the commute would not be as tiring which helped him to maintain his focus in lessons.**



**inhale**  
**exhale**



**In the bustling college environment, Alex learned the importance of self-advocacy. With his OT's encouragement, he felt empowered to ask for breaks when needed and to request clarification on complex instructions.**







**As the term progressed,  
Alex blossomed.**

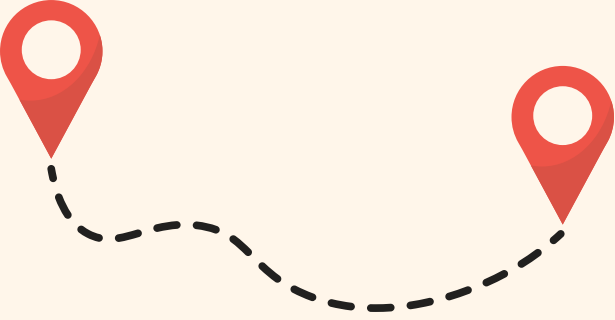
**He not only managed  
his responsibilities but  
also built friendships  
and engaged in college  
activities.**



**The skills he gained through occupational therapy helped him tackle some of his initial challenges and instilled a sense of independence and self-worth.**

I matter





**He got to a point where he no longer needed OT, and by the end of the year, Alex looked back on his journey with pride.**



**He had grown not just as a learner but as a young adult ready to face the world.**

