

The background is an abstract painting with vibrant, textured brushstrokes in shades of blue, green, yellow, orange, and red. The colors are layered and blended, creating a rich, multi-colored effect. The overall composition is dynamic and expressive.

Becoming Remarkably Able

Walking the Path to Talents, Interests, and Personal Growth

For those interested in exploring their strengths and career possibilities. Especially designed for students in school transition to adulthood.

Jackie M. Marquette, Ph.D.

Foreword by Ann Turnbull

Artwork, *The Path* by Trent Altman,
www.trentsstudio.com

Becoming Remarkably Able: Walking the Path to Talents, Interests and Personal Growth


Becoming Remarkably Able: Walking the Path to Talents, Interests, and Personal Growth
©Jackie M. Marquette, Ph.D. First edition was published by Autism Aspergers Publishing Company Publication from 2007 - May 2016. Second edition published digitally by Marquette Index LLC on June 7, 2106.

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Includes bibliographical references.

Audience: parents, counselors, teachers in transition or career courses, students seeking career possibilities, and individuals with an autism spectrum disorder or related health impairments.

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An abstract painting with a dense, textured surface. The colors are vibrant and varied, including shades of blue, green, yellow, orange, red, and purple, all mixed together in a chaotic, expressive manner. The brushstrokes are visible, creating a sense of movement and depth. The overall effect is one of intense energy and complexity.

“And the day came when the risk it took to remain tight inside the bud was more painful than the risk it took to blossom.”

Anis Nin

Personal message:

I first wrote *Becoming Remarkably Able* in 2006 during the research of my dissertation. I then got this book published in 2007. Now I am very grateful the book is now back into my hands. The information is just as relevant if not more today, nine years later.

I recently created *The Marquette Strengths Index for Careers* a self identification online tool for individuals to select their strengths and receive a printout list of careers that match their strengths. You can see this tool at www.marquettestrengthsindex.com and take your very own assessment to discover all of your strengths and career possibilities that match your strengths. The online index is much more than a strength and career finder, it is also an emotional adaptation model. I think you will find that it speaks to you.

This book *Becoming Remarkably Able* is an excellent guide as follow -up to taking *The Marquette Strengths Index for Careers* regardless of what you want to accomplish. It doesn't matter what you want out of life, go ahead and develop your strengths and move forward into hobbies, volunteer work, employment, self employment, university studies, and advanced careers. Please send me an email about how you are doing at drjackiemarquette@gmail.com. I want to hear from you. I wish you much success!!! Jackie Marquette Ph.D.

Colors of Your Song

I see and feel all the colors of Your
song.

Brilliant shades dance with my brush.
With each tint and blush I paint, I hear
Your melody.

Words are not my way,
Conversation is not my forte.
But You are the One who knows me
well.

I don't worry though,
the dazzling colors painted on my
canvas are my gifts to all.

Foreword

After reading *Becoming Remarkably Able*, I had flashbacks of our family's own transition 17 years ago when JT, our 37-year old son who has cognitive and mental health challenges, was transitioning from high school to adulthood. We could have surely used this workbook at that time. The major challenge was that the services and supports in our community that were available were not consistent with JT's values, strengths, preferences, and needs, nor of ours. The available path was not the right one for JT and our family. And the last thing that we wanted to do was to start yet another community program that would, indeed, reflect our values. Our decision was to embark on the path in terms of trying to improve the existing available services and supports which resulted in a very frustrating and unsatisfactory experience for everyone. In other words, it was a path that resulted in JT becoming "remarkably DISabled." I will always recall the advice given to us by a family friend at that time, "Ann and Rud, no matter how far down the wrong path you go, if it's the wrong path, turn around." We did turn around, and I'm delighted to say that 17 years later JT and our family are on the path to independence and, yes, to BEYOND.


As I reflect, oh, how easier it would have been if we had had Jackie's workbook. What strikes me most about this workbook is that the contents of it are as vibrant and energizing as its striking and beautiful cover. Trent, Jackie's son with autism, created the compelling portrait of "the path" on the cover. Jackie, with her remarkable parental insights, filled the contents with a decision-making approach to self-determination that I would describe as relationship-based, hopeful, constructive, action-oriented, individualized, and reflective. It puts families, individuals with disabilities, and their reliable allies in the "driver's seat" of decision-making in tailoring adult futures for the individual and for the family that are wholly consistent with what will make their "chimes ring." Because every single family and

Becoming Remarkably Able

every single individual with a disability is unique, this workbook builds on that uniqueness by guiding people through a *process* of reflection and interactive planning.

If our family had had this workbook 20 years ago and had followed its process, our path would not have been as bumpy; and we would not have had to turn around, but rather we would have started on the right path.

I highly recommend *Becoming Remarkably Able: Walking the Path to Independence and Beyond*. From my own professional and family experiences, this, indeed, is a *remarkable* resource.



Ann Turnbull,
Co-Director, Beach Center on Disability
Professor, Department of Special Education
University of Kansas
“Veteran” of adult transition

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Testimonials

The Path to Your Life, One that You Own, Enjoy and Find Meaning is Possible. This Interactive Workbook Shows You How

“In *Becoming Remarkably Able*, Jackie Maquette provides the guidance and the blueprint for helping professionals and parents move away from a deficit orientation to a celebration of abilities and strengths of persons with autism and related disabilities. By learning to energize the spirit of all persons, regardless of their challenges, we ultimately become more in touch with our own humanity.”

--Barry M. Prizant, Ph.D., CCC-SLP, adjunct professor, Center for the Study of Human Development, Brown University; co-author of the SCERTS™ Model (Social Communication, Emotional Regulation and Transactional Support)

“This resource takes away the fear of the unknown. Hope has become reality with this valuable resource. As a family, we can follow the author’s footsteps, knowing that the path to independence [interdependence] is not only supported and positive, but that there are many open doors and valuable options to choose from.”

--Josie & Damian Santomauro; Josie has authored eight and co-authored four resources on the topic of Asperger Syndrome; Damian, her son, was diagnosed with Asperger Syndrome at the age of five and is starting his studies in science and medicine.

“At last -- a refreshing, vital, and proactive book that challenges society to reinvent how we understand disability. The whole family, professionals, and people with disabilities themselves can make use of the strengths-based exercises, frank discussions, and new concepts presented. Jackie Maquette’s belief that all individuals across autism and developmental disability spectrums have the right and the ability to grow up and be part of life comes through clearly and inspires and compels us as a society to “walk the path” toward true, meaningful inclusion.”

--Zosia Zaks, disability advocate and consultant’ author of *Life and Love: Positive Strategies for Autistic Adults*

“Every young person with significant disability such as autism must be given every opportunity to blossom and live a full, rich, and meaningful life. *Becoming Remarkably Able* now allows for that. On behalf of my fellow citizens with disabilities, I say strongly that we want much more control - much more self-determination - in our lives. Through the creative forces of art, with no limits on defining success, and based on fundamental respect for the ability of each of us to make our own path through life, Jackie gives us - parents, siblings, teachers, and friends, - instruction and guidance that allow young people with severe disabilities to show us how to live worthy lives.”

--John Kemp, Esq., co-author and co-editor of *Reflections from a Different Journey: What People with Disabilities Wish All Parents Knew*



Dr. Jackie Marquette Ph.D is the founder and president of the Marquette Index, LLC, a company dedicated to bringing innovative and unique solution based career tools and leadership to organizations and individuals with autism and all disabilities.

She inspires individuals with autism and all disabilities, parents, professionals, and leaders to think beyond traditional boundaries and create new potential realities in education, the workplace, and communities.

As a RESEARCHER: She spent the past 16 years studying school and life transitions, capabilities, strengths, interests, emotional adaptations, vocational choices, personal preferences, and creative supports that enable individuals with developmental disabilities and autism. She applied the data from her qualitative research and private practice to create the Marquette

Strengths and Career Index (MSCI) and other assessment tools all under the umbrella of the Capability Approach (CA) model.

As a CONSULTANT: Jackie has provided consultation and system wide trainings to school districts, crisis and prevention companies. Jackie specializes in helping individuals with autism and their family advocates to seek potential realities through transition, change, planning, and process transformation.

As a FACILITATOR: Jackie's face-to-face workshops are customized to drive effectiveness in supporting professionals and individuals with disabilities to develop personal and social emotional capacities in order to have vocational opportunities.

As an ONLINE FACILITATOR: Jackie is now offering her new program: The DREAM MASTERS ACADEMY, via Live Facebook Group, Chat and Webinars.

As a SPEAKER: Jackie speaks to organizations about personal and professional growth. She offers an inspiring keynote address from her years of experience in the world as a professional guiding youth with disabilities to pursue their life and vocational dreams and as a parent and veteran of adult transition. She has an adult son with autism who is an accomplished award winning international artist.

As an AUTHOR: She designed vocational tools to assist individuals with autism. She has written articles, numerous newsletters, and blogs, and hundreds of speeches and presentations. She is the author of two books: Independence Bound and Becoming Remarkably Able: Walking the Path to Talents, Interests, and Personal Growth.

She has a Ph.D. from University of Louisville, in Leadership, Foundations, and Human Resource Education with emphasis on research in autism and school transition.

Jackie is married to Ralph Marquette and has three adult sons, Todd, Trent who has autism, and Travis. Trent paints oversized abstract paintings now for 15 years. He received honors, national and international awards including the award winning artist of the United Nations 2012. His painting An Abstract Garden II was chosen for a stamp and sold around the world to raise autism awareness globally. Trent is represented by galleries in NYC and Naples, FL. He successfully maintained employment in a Meijer retail store for 2002- 2013 through a unique team approach. Trent lives interdependently and rents his house from his older brother Todd.

Dr. Jackie Marquette Ph.D.
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**Trent Altman,
Abstract Expressionistic Artist**
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“In my studio, on tables in my backyard, or on the beach on a sunny day, give me the opportunity and I will spring into the most genuine pleasure I know: painting.



Standing in front of a clean canvas, I consider with anticipation and choose from many different color options. Once I feel compelled, I take a deep breath and begin. I feel my way with a brush or other tools swiping the canvas. When I capture a pure emotion, I revel with a burst of excitement, my voice rumbles, or I may hum or sing. While scraping the jagged surface, I get more enthusiastic from moment to moment until my canvas has been completely finished to my expectations.”

Altman has been a juried artist in Kentucky Arts Council now since 2004 and has exhibited his art in hundreds of fine juried art shows. “The paintings of autistic artist **Trent Altman** are richly evocative of the experience of being outdoors: the roughness of sand, the salt of a sea breeze, and the blue of a cloudless sky can all be deeply felt in his work. It’s no surprise, then, that Altman is most inspired by the beauty in nature. By employing sumptuous pigments and experimenting with unconventional materials to create texture, Altman conveys his own experiences in a clear and direct way that demands the attention of his audience.” writes Agora Gallery, NYC



“The recipient of numerous artistic awards and honors, including the role as Autism Ambassador of the United States, Altman’s talent and skill belies the obstacles he’s had to overcome. He hopes his work can help to curb negative attitudes about people with disabilities, and has donated many works to autism charities. But the most important thing to remember about Altman’s paintings are their immersive quality, for both the artist and the viewer. They transport people to another place, a result of Altman’s commitment to his artistic process and the sharing of his heart and mind with the world.” written by Agora Gallery, NYC

Trent Altman is represented in NYC by Agora Gallery, 2015 - 2017
Trent has representation at Sweet Art Gallery in Naples FL, 2013 - present