

Some steps a high school student can take to prepare for the transition planning process include:

Using their school's career center to identify their interests and find out what education and training are required.

Completing interest inventories to identify their interests, skills, abilities, and aptitudes as they relate to employment.

Doing volunteer work or entry-level jobs in their field(s) of interest.

Observing and interviewing adults who perform the type of work that interests them.

Visiting training institutes and colleges to learn about entrance requirements; this will help your teenager choose the necessary classes in high school. For example, students interested in forestry need to take science; engineers need advanced math courses; actors need drama courses, and graphic artists need art as well as computer design classes.

Transition Planning Activities at Home and in the Community

Many transition planning activities and objectives are carried out at school. However, unlike traditional IEP objectives, many objectives stated in the transition plan take place outside of school – at home and in the community. These activities may include:

At Home:

Giving your teen chores and responsibilities will encourage their independence and responsibility. As you do this, think ahead to the skills they will need as an independent adult. For example:

They should open their own checking or savings account(s) and learn how to manage money.

When they are learning to drive and studying to pass the driver's license test, they should also learn about automobile insurance and routine vehicle maintenance.

It's never too early to teach your child self-advocacy skills; these skills will continue to help them move toward independent adulthood.

In the Community:

Look within your own community for opportunities to expose your teenager to future possibilities.

Consider:

Taking your teenager to work.

Networking with friends and relatives about their jobs. Consider having your child take a workplace tour and conduct informational interviews.

Researching and visiting local colleges and training schools your teenager is interested in attending.

What Community Resources are Available to Help Students in the Transition Process?

Most communities have a variety of resources to assist students with the transition process. These centers include Regional Occupational Program (ROP), Job Corps, state Conservation Corps (CCC), Vocational Rehabilitation, adult education programs, and community colleges.