

1. Transition Planning



Career
Exploration
Planning and
Preparation



Postsecondary
and College
Planning



Independent/
Community
Living



Significant
Role of
School
Personnel



1. Transition Planning

1.1 Career Exploration Planning and Preparation

What is career exploration planning and preparation?

...Exploration and learning about careers through a transition team at school so that you know what kinds of work you want to do during and after high school, schedule what you need to do, and take care of yourself.

1.2 Postsecondary and College Planning

What is postsecondary and college planning?

...Learning about education opportunities—such as college after high school—through your transition team at school so that you know your options and learn the skills you need to succeed.

1.3 Independent/Community Living

What is independent/community living?

...Learning how to be independent in your community through your transition team at school.

1.4 Significant Role of School Personnel

What makes school personnel roles significant?

...Having strong, supportive relationships to help you plan for life after high school.



THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON, DC



Transition Planning

1.1 Career Exploration Planning and Preparation



**Career
Exploration
Planning and
Preparation**



**Postsecondary
and College
Planning**



**Independent/
Community
Living**



**Significant
Role of
School
Personnel**



What is career exploration planning and preparation?

...Exploration and learning about careers through a transition team at school so that you know what kinds of work you want to do during and after high school.

Ideally, this planning and preparation includes...

- Having a team to help you become aware of careers
- Giving you many opportunities to

explore careers through meeting with professionals, visiting job sites, volunteering, work study, internships, and getting a paid job while in high school

- Learning about and getting the services and supports to help you succeed at work
- Learning skills so that you can manage your time, schedule what you need to do and take care of yourself at home and work
- Building your skills to get along with others at work
- Helping you identify your career goals and steps you need to take to get a job

This career planning and preparation results in...

- Knowing about careers that fit you
- Learning skills to succeed in your career
- Providing you with a chance to try different work experiences to find a good match
- Getting and keeping a job that pays at least minimum wage in the community



“Starting in 10th grade we do Planning for the Future and Start on Success. In class, my teacher every couple of weeks is like, ‘Hey, what do you want to do in your career’? You start there and you do different things every year and it builds up to an internship in your senior year. It might not be exactly what you want, but it’ll be along the line of what you’re like trying to get into. It’ll be in your field. And if you wanted to, or a different position opened up, they would move you.”

Transition-age youth

Transition Planning

1.2 Postsecondary and College Planning



**Career
Exploration
Planning and
Preparation**



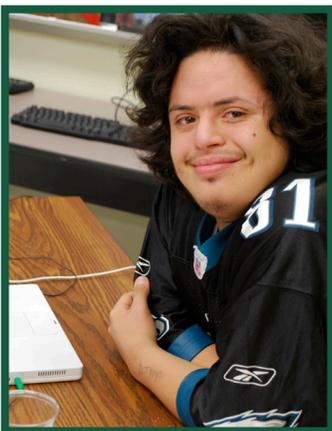
**Postsecondary
and College
Planning**



**Independent/
Community
Living**



**Significant
Role of
School
Personnel**



What is postsecondary and college planning?

...Learning about education opportunities—such as college after high school—through your transition team at school so that you know your options and learn the skills you need to succeed.

Ideally, postsecondary and college planning includes...

- Learning about yourself to know what career you want after high school
- Exploring education choices after high school that can prepare you for your career
- Taking required high school courses and getting good grades
- Developing your decision-making and problem-solving skills
- Learning how to be on your own by developing skills like organizing, managing your time, taking care of yourself, and studying
- Standing up for yourself and asking for the supports you need
- Understanding the demands of postsecondary education and how it is different than high school
- Connecting with agencies that can help you continue in your education
- Learning how to manage your money and plan to pay for education after high school

This postsecondary and college planning results in...

- Knowing your career goals
- Getting the courses and grades that allow you to further your education
- Applying for and getting accepted into an education program
- Deciding how to pay for your education
- Being eligible for and receiving services from agencies, such as vocational rehabilitation
- Developing your skills to succeed in school
- Knowing what you need to succeed
- Knowing how to ask for supports



“Ultimately I’d like to go to a school for vocal performance. I can’t apply until next year but I started to take courses I need. I’ve sang in three credit choirs and then just my regular concert choir. College is extremely competitive there and they have about a six-person acceptance rate so you definitely have to prepare ahead of time. You have to keep your grades up. After getting into college you have to keep your grades up, take your teaching and internship seriously and then when you’re finished with that you start a career. In most cases, you would start in the chorus of an opera company, then you stay there for about three to four years then you get moved up into a soloist position and you usually stay there for about one to two years and then after that you get moved up into a principal position through a signed contract.”

Transition-age youth

Transition Planning

1.3 Independent/Community Living



Career
Exploration
Planning and
Preparation



Postsecondary
and College
Planning



**Independent/
Community
Living**



Significant
Role of
School
Personnel



What is independent/ community living?

...Learning how to be independent in your community through your transition team at school.

Ideally, independent/ community living includes...

- Learning about who you are and what you want in life

- Being part of your community, along with everyone else
- Doing things in your community
- Getting involved in fun activities you like
- Developing skills to live the life you choose
- Learning skills to be a part of your community including caring for yourself, managing your health, and understanding the transportation system

Independent/community living results in...

- Being ready for life after high school
- Building relationships between you, others you can trust, and community organizations
- Developing life skills related to personal health, safety, transportation, and budgeting
- Asking for and receiving the supports you need and want from family, friends, and others in your community
- Living in your community on your own, with roommates, or with family



“As for me, I already finished college. But I would like a few things that are important to me now that I’m out of college. I would like to have a job that’s right for me, that’s going to fit, that I’m going to be successful at. And I’m going to want to get married obviously because I think I would make a great husband. And I would also like friends. I may want to start my own foundation one day. That’s something I’m thinking about. To support people with autism because that’s what I have, so that’s what I’m thinking about doing, starting my own non-profit organization.”

Transition-age youth

Transition Planning

1.4 Significant Role of School Personnel



Career
Exploration
Planning and
Preparation



Postsecondary
and College
Planning



Independent/
Community
Living



**Significant
Role of
School
Personnel**



What makes school personnel roles significant?

...Having strong, supportive relationships to help you plan for life after high school.

Ideally, school personnel...

- Are people you feel you can trust and who respect you
- Take time to get to know you and work closely with you

- Encourage you to make decisions, solve problems, and have your own voice
- Provide you with honest feedback
- Meet you where you are in life
- Help you to continue to learn about yourself
- Recognize your dreams, strengths, talents, and needs

Significant school personnel support results in...

- Confidence and trust in your school personnel
- Knowing that school personnel respect who you are
- Learning and growing as you plan for success after school



“My high school was a supportive environment. I had a lot of support systems. When I had a problem, I always went to my social worker or guidance counselor. I could ask the teacher. Even in my personal life, if something was going on, I would talk to my friends about it.”

Transition-age youth