

## TRANSITION PRIORITY CHECKLIST

The following checklist is a basic guide that may help you with your transition needs. Stay involved in the transition process to ensure that your needs are addressed so you can prepare for life after high school.

### Age 14-15

Learn more about your disability, including your strengths and accommodation needs, including assistive technology.

Participate in transition planning by preparing for and attending your scheduled meetings.

Create a picture of where you are today and set goals for your future.

Begin sharing with your parents and teachers your plans for the future.

Gather information from your school and area agencies that serve youth with transition needs.

Discuss high school completion options by age 14 and their impact on training and employment after you graduate.

Research employment and career opportunities.

Ask about career exploration, job training, mentoring opportunities, volunteering and work experience offered through your high school and in the community.

Prepare for obtaining a driver's permit.

### Age 16-17

Participate in your transition planning by preparing for and attending your scheduled meetings.

Invite Vocational Rehabilitation (VR) and other agency representatives who may participate in post-high school planning to your meetings.

Discuss your transportation plans for after graduation.

Discuss medical and psychological care options to meet your needs after graduation.

Discuss your post-high school living arrangements and needs.

Discuss future training and education options.

Apply for agency services, as recommended, to assist you with meeting your post-high school needs and goals.

Explore careers, gain job training and work experience.

Find part-time jobs to gain work experience and begin building your career portfolio.

You may pre-register to vote at 17 and will receive your voter card by mail when you turn 18.

Address guardianship options, if appropriate.

Prepare for obtaining your driver's license, ID card or bus pass.

Begin taking the ACT or SAT for college entrance.

#### Age 18-22

Open a checking and/or savings account.

Begin developing a resume and obtaining letters of recommendation.

Explore independent living options.

Males must register for selective service. Visit [www.sss.gov](http://www.sss.gov) for more information.

Meet with the VR/VS counselor in the spring of your last year of high school to finalize your post-high school plans.

Remember that VR can assist eligible individuals with post high school training, job placement, and other services necessary for a successful employment outcome.