

# Student

The student's primary role is as his own advocate. The student must be included in the transition planning process. It is the ARD committee's responsibility to equip students with skills that will enable them to set realistic goals for themselves and appropriately pursue the activities required to achieve those goals.

## Use the "I PLAN"

I—Inventory your strengths, the weaknesses you need to improve, your goals and interests, and your choices for learning.

P—Provide your inventory information.

L—Listen and respond.

A—Ask questions.

N—Name your goals.

## Planning Your Future

### Employment/Education

- What kinds of jobs would you like?
- Would you like to work on your own or with others?
- Are there training services that would help you after high school, such as the community college or adult education?
- How will you get to and from work?
- Do you need help taking the bus?

### Living Arrangements

- Where do you want to live?
- How do you want to live? . . .
  - with other people?
  - on your own?
- How much money will you need for rent, food, fun, bills, transportation?
- What about insurance and taxes?
- Are you eligible for SSI/SSDI?

### Community/Recreation

- What kinds of things will you do for fun . . .
  - at home?
  - in the neighborhood or community?
- Where do your friends live?
- Will there be chances for you to have fun with people at work, home, with family and friends?

### Independent Living

- What kinds of help do you need?
- Do you need help with cooking and cleaning?
- Do you need help doing the laundry?
- Do you use assistive devices?
- Do you need special medicines?
- Can you take your medicine by yourself?
- Do you need an advocate or counselor or support group?
- Do you need regular doctor checkups?

# How do I start to plan my future?

## Goal Setting & Achieving Goals



Tyler County Special Education Cooperative

## What is your vision for the future?

Transition helps you achieve your personal goals. It focuses on four important areas of your adult life:

- Employment and education;
- Living arrangements;
- Community recreation;
- Skills that help you succeed independently.

## Why have transition services?

Together with your family, friends, and teachers . . .

- You begin to take control of your life.
- You set timelines and take responsibility for your progress.
- You identify the specific skills and training you will need for your career.
- You gain job skills while you're still in school.
- You learn about your community

## What do you want after you finish high school?

- Get more training?
- College? Trade/Technical School? Military?
- Live in a place of your own?
- Get a real job?
- Get around the community on your own?
- Make new friends?

## How do you get what you want?

Transition can help! Nothing happens overnight! So start planning early.

- Think about your dreams for the future.
- Share your dreams with friends and family.
- Go to work with your parents or other adults to learn about jobs.



- Volunteer or get a summer job doing something you might like doing for a living

## How do you get ready for your ARD/IEP meeting?

- Start planning as early as junior high.
- Ask your family, friends, teachers, the counselor or principal to help answer your questions.
- Attend meetings that concern you and deal with your future.
- Answer the following questions and have them with you at your ARD/IEP meeting.

## SAMPLE PLAN

GOAL?	HOW?	WHO?	WHEN?
Working at music store	Interest in music	Parents, counselors City bus, friends	Now
	Daily transportation Handling money	Math class	School year Next summer
Apartment with friend	Having a friend Good location	School Bus lines, shopping	Now School year
	Enough money for rent Roommate	Savings plan, job Talk with friends	Next summer After graduation
Having new friends	Feeling safe and secure Going new places Trying new things	Trip to mall School programs Volunteer activities	Now School year Next summer
	My own checking account	Filling out forms Saving money	Parents Summer job

Employment/  
education

Living Arrangements

Community  
Recreation

Instructional  
Skills

Reaching out,  
Opening doors,  
Evolving abilities,  
Together it works!

