

# TRANSITION ACTIVITIES AS STUDENTS ADVANCE THROUGH HIGH SCHOOL



## Age 14-15

- Complete career inventories and assessments
- Identify interest and skills
- Visit school counselor for assistance with career exploration, planning, and resources
- Talk to adults about what they do for work/ Job shadow with parents, family, and/or friends
- Interview a family member about their first job
- Identify and meet with people from a wide range of careers
- Tour businesses to see what kind of work they do and what jobs they offer
- Participate in any career exploration/preparation classes offered by high school
- Practice completing job applications, resume development (written or video), and interviewing skills
- Learn about resources and make connections within the community, such as with your local job center
- Volunteer in the community and/or participate in school jobs
- Obtain a job in the community
- Explore postsecondary education and training options related to your career interests
- Familiarize yourself with the Transition Action Guide (TAG) to learn about transition planning and agencies
- Develop Postsecondary Transition Plan (PTP) annually
- Develop communication skills, social skills, and self-advocacy skills
- Review the DPI Opening Door Series
- Participate in extracurricular activities and school clubs
- Complete the WiTransition App
- Create a student specific community asset map
- Learn about your disability
- Attend your IEP and explore Student led platforms
- Practice Independence, assess independent living skills

## Age 16-17

- Review list from Age 14-15
- Participate in career and technical education (CTE) programs within your high school as available (academic, leadership and work-based learning)
- Participate in Youth Apprenticeship and/or obtain Employability Skills Certification
- Explore/visit postsecondary education and training options and speak with their disability resource center
- Participate in paid work experiences in the community
- Apply for DVR at least two years prior to leaving school (e.g. age 16 if graduating at age 18; age 19 if graduating at age 21)
- Obtain work incentives benefits counseling, as appropriate
- Contact your local Aging and Disability Resource Center (ADRC) for disability related resources
- Continue to develop self-advocacy skills including explaining what accommodations /modifications you may need
- Develop transportation strategies (e.g. driver's license, independent travel skills training, public or paratransit)
- Apply for a state ID if you do not have a driver's license
- Establish graduation date and plan
- Discuss transfer of rights and options to guardianship if needed (i.e.. Release forms, Supported Decision Making, Representative Payee, Power of Attorney and Limited or full guardianship)
- Create a Community Resource Map
- Map out school opportunities and activities
- Volunteer
- Attend Career and College Fairs
- Create a resume, visual or paper
- Practice Interviewing skills
- Take a financial literacy course such as, Skill to Pay the Bills
- Explore Health and Wellness
- Fill out forms- applications, personal ID

## Age 18-21

- Review list from Age 16-17
- Participate in career and technical education (CTE) programs within your high school as available (academic, leadership and work-based learning)
- Obtain competitive integrated employment
- Participate in postsecondary education and training options at your high school, technical college or university
- Apply for DVR at least two years prior to leaving school (e.g. age 19 if graduating at age 21)
- Obtain work incentives benefits counseling, as appropriate
- Contact your local ADRC for disability related resources, including long-term care services and supports
- Increase Self-Advocacy/Self-Determination skills
- Explore self-directed personal assistance services if needed
- Practice independent living such as: safety, social skills, etc.
- Increase mobility in the community
- Explore leisure and recreation activities in your community
- Set up a bank account
- Review What you Should Know About Wisconsin Law-Legal Rights and Responsibilities
- Explore voting rights in Wisconsin
- Explore housing and Independent living options
- Create a personalized community map specific to you- hobbies, Dr, Dentist, favorite places to eat, shop and recreate
- Continue to reflect on individualized transition plan and edit as plan evolves
- Strengthen social thinking skills
- Update resume and requesting resources
- Practice safety at home and in community
- Managing medications
- Practice meal planning and eating healthy
- Discuss how to develop healthy relationships