

Everyone goes through transitions.

Transition. It's a big word—and a little scary.

All it means, though, is “to move to a new stage.”

You've transitioned lots of times: to new grades in school, new skill levels and new stages of independence.

Everybody transitions—whether or not they have a disability.

Now you're transitioning out of high school.

This time, you're a young adult.

This time, you have a lot of say about what happens.

So this time you need to plan your transition. You need to decide how you're going to get the education, job, and life you want.

It's never too soon or too late to start planning a successful transition—so let's do this!