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**PARENT CHECKLIST**

**Transitioning from high school to college or training**

**When your child is a FRESHMAN or SOPHOMORE:**

• Before your child turns 16, meet with the IEP team to begin transition planning. This

is required by the Individuals with Disabilities Education Act (IDEA).

• Make sure the transition IEP focuses on your child's plan to enter the workforce.

• Encourage your child's active participation in IEP meetings.

• Prepare for IEP meetings together with your child. This will help your child identify

dreams and goals and learn to self-advocate.

• Teach and model problem-solving skills. Include how to gather information and

consider options. This will help your child become independent.

• Throughout high school, help your child develop social and interpersonal skills.

• Explore career options with your child by researching potential choices.

• Encourage your child to participate in valid, reliable interest testing to make sure that   
 the career they are considering is achievable.

• Meet with a benefits planner to understand the effect of income on Social Security

benefits and health care.

• Review your child's high school transcript to make sure they are completing the

courses necessary for graduation.

• Encourage your child to participate in extracurricular, volunteer, and community

activities.

**When your child is a JUNIOR:**

• Encourage your child to research the North Dakota labor market, companies they

would like to work for, and places they would like to live.

• Invite representatives of adult agencies to IEP meetings to ensure a smooth

transition to these services.

• Contact the regional VR office to determine eligibility for VR services. VR may be able

to help develop your child's Individualized Plan for Employment (IPE).

• If you are concerned about your child adjusting to the world of work, review

materials available in bookstores, libraries, and online.

• Talk to high school counselors, members of the IEP team, and local leaders of

advocacy agencies.

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**PARENT CHECKLIST**

**Transitioning from high school to the workforce**

**When your child is a FRESHMAN, SOPHOMORE, JUNIOR, or SENIOR:**

• Encourage your child's participation in IEP meetings.

• Review the current IEP with your child and teachers to make sure you understand

what it means.

• Throughout high school, help your child choose classes that will prepare him or her

for college.

• Help your child understand his or her disability, how it affects their learning, and

what they can do to maximize their success.

• Encourage your child to know their social, interpersonal, communication, and

independent-living skills and needs.

• Discuss various career options.

• Each year, review with your child their high school transcript. Make sure they are

completing the necessary courses for high school graduation and college entrance.

• Encourage participation in extracurricular, volunteer, and community activities.