**STUDENT CHECKLIST**

**Transition from High School to College**

**As a FRESHMAN or SOPHOMORE:**

• Attend your IEP meetings. Ask questions at the meetings when you don't understand

something.

• Work your way up to leading or leading your IEP meetings.

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

what it means.

• List things you would like to do after high school.

• Identify courses you need for graduation and college admissions.

• Identify courses to help you succeed in college. Include those courses in your IEP.

• Identify your social, interpersonal, communication, and
 independent-living skills.

• Identify areas where you need to be more skilled.

• Talk to parents and teachers about how to increase your skills where needed.

• Explore career options with guidance counselors, teachers and parents.

• Learn all you can about your disability and how it affects your learning.

• Participate in extracurricular, community, and volunteer activities.

• Register for the Pre-SAT or Pre-ACT tests. Ask for accommodations if you need them.

**As a JUNIOR:**

• Make a list of colleges you might like to attend.

• Contact the regional Vocational Rehabilitation office to find out whether you are

eligible for services.

• Visit three to five college campuses with your parents.

• Meet with Admissions, Financial Aid and Disability Support Services offices.

• Review with parents, teachers, and counselors how each college meets your goals.

• Register, prepare for, and take the ACT or SAT. Ask for accommodations if you need

them.

**As a SENIOR:**

• Apply to your colleges of choice for admission and financial aid.

• Ask teachers, counselors, and employers for letters of recommendation.

• If you are going to disclose your disability to the college, submit documentation

directly to the campus Disability Support Services office.

• Continue to visit college campuses with your parents. Check buildings and

classrooms for accessibility, if necessary. Check into accessible transportation and

housing if you need them.

**STUDENT CHECKLIST**

**Transition from high school to the workforce**

**As a FRESHMAN or SOPHOMORE:**

•As a freshman, talk with counselors and teachers about careers.

• Make a list of your employment and life goals.

• Go to your IEP meetings and tell people what kind of job you think you would like.

• Lead your IEP meetings.

• Learn social skills and how to get along with others. You can learn this from a counselor or by taking classes.

• Take aptitude and interest tests to help you decide what your strengths are and the kind of jobs you like.

**As a JUNIOR**

• Contact the Vocational Rehabilitation (VR) office to see if you are eligible for VR

services.

• If you are eligible for VR services, start to work with the school counselor to develop

a plan for work.

• Become a self-advocate so that you can help yourself.

• Learn about your rights under the Americans with Disabilities Act.

• Learn about how you can work with employers to let them know about your disability

and have them make accommodations.

• Be able to tell others about your disability and how it affects your work.

**As a SENIOR**

• Ask teachers, counselors, and employers for letters of recommendation.

• Check out accessible housing or transportation, if needed.