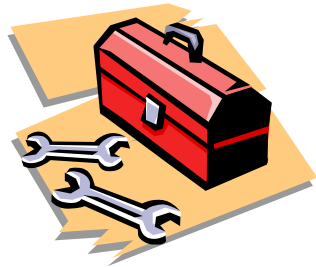


# Getting Started On Your Toolbox



## Things We Will Cover...

- What is Transition?



- What in the world will you do with the rest of your life?

- Your Toolbox:

✂ What is it?

✂ How to make it?

**It's Your  
Choice!**

- Topics

# Getting Started On Your Toolbox



## People are talking about your “Transition.”

This means a lot of things.

1. Having fun
2. Making friends
3. Learning about yourself
4. Speaking up for yourself
5. Learning new skills to take care of yourself
6. Working
7. Setting a date for you to finish school



A transition plan needs to be written. It will say what you will do from now until you finish high school for good.

**Now** is a good time to get involved in the planning.

You may have questions as we go along. That’s good. It means you are thinking!

The **important** thing is to ask your questions. No question is silly. We will be glad to answer if we can.

**Any  
Questions?**



# Your Toolbox

It's Your Choice!



Your Toolbox is a way to organize your life. It will help you:

1. Plan for your future in school and after graduation.
2. Learn how to organize important documents.
3. Keep records of school and community learning.
4. Showcase your accomplishments—what you have done that you are most proud of.
5. Learn about and collect information on adult services and community resources.

Your Toolbox will help you organize the information you need to become an **active** member of **your** Transition Team.



You may be thinking  
“*What is a  
Transition Team?*”  
So, **ASK!!!**

Do not be the high school graduate who says, “I found my Transition Team annoying because **I had no say.**”

**Transition Teams** are **you**, your parents, your Special Educator, teachers, Voc Rehab Counselor, and any other important people in your life.



You have a say about who is on your team.

This team helps **you** plan for **your** future.

A diploma is your ticket to the rest of your life.



# Let's begin by making "Your Toolbox"

**It's Your  
Choice!**



## Step 1: Your box

You can use:

- A cardboard box
- A plastic file box
- A three ring binder
- or ??????

Decorate the box in a way that tells others something about you. Be creative!



You and your team need to decide where to keep your box. In school or at home?  
If possible lock it up.

## Step 2: Topics

Your toolbox will hold information on many different topics. The topics can be worked on in any order. This will depend where you are in transition.

### **Which topics do you want to work on?**

Look over the list and mark the ones that interest you. There will be topics that other Team members think are important for you to work on. Sometimes you need to push yourself to learn things you are not really interested in. This is part of becoming an adult.

## Which topics do you want to work on?



It's Your  
Choice!

- My dreams, strengths and needs:** How do you make a plan?
- Communication:** How do you let people know what you are thinking? What do you want to learn about communicating? How to use a cell phone, the Internet, Facebook, texting...?
- Assistive technology, equipment and accessibility:** What equipment or technology do you use each day? How do you become more independent when using it? How do you advocate to get the technology you need?
- Personal information:** Including ID cards, Social Security card, resume, medical information... Where is it?
- High School:** Your I.E.P., goals, interest inventories, assessments, Transition Plan... What is your plan for the future?
- Education after high school:** Is this possible? What do you need to know while you're still in high school?
- Friends and relationships:** How to make friends? What about a friend that is becoming more than a friend?
- Fun, recreation, arts, and leisure:** What do you do now? What would you like to try in the future?
- Alcohol, drugs and smoking:** What are these all about? How do you keep yourself safe?
- Health:** What are your health issues? How do you learn to manage them yourself?
- Spirituality:** How do you keep your spirit alive?

## Which topics do you want to work on?



**It's Your  
Choice!**

- Sexuality:** What do you need to know? How do you express yourself and keep yourself safe?
- Mental Health:** Are you feeling emotionally strong? What can you do if you have emotional problems?
- Safety:** What do you need to know to keep yourself safe at home and in the community?
- Advocacy:** What is it? How do you become a self-advocate? How to get involved?
- Alternatives to Guardianship:** What are the options? How can I get the help I need without having a guardian? What is a good guardian?
- Money:** What skills do you have already? What do you need to learn for an independent future?
- Developmental Services:** What is this all about?
- Civil Rights:** What do you need to learn about your rights and responsibilities?
- Caring for yourself:** What do you know about taking care of yourself? Cooking, cleaning, time management... What do you need to learn?
- Transportation:** How do you get around now? How will you get around in the future?
- Housing:** Where will you live when you get out of school? How do you find out about the options?
- Getting and keeping a good job:** Why is this so important?
- Volunteering or community service:** What have you done? What is out there? How do you get involved?
- Voting:** What are the requirements? How do I decide who to vote for?

# Transition Toolbox



**It is up to you to speak up!  
Let your Transition Team  
know what you want to do.**

## **For each topic you will:**

1. Be given a folder and handouts.
2. Read a story about the topic written by someone who has already graduated.
3. Learn what each topic is about.
4. Make choices about what you want to know. Decide how to Speak Up.
5. Organize the information you already have and new information you learn along the way.

## **Step 3: Label & Collect Information**

We will begin by making a folder for the information we have gone over today.

1. Take a folder, label it **Transition Toolbox**.
2. The first page of each handout is a Table of Contents. Check or highlight what is in the folder.
3. Staple the Table of Contents in the front of the folder. Then at a quick glance you will know what is in that folder.
4. Make a plan to get information you do not have.
5. Put all the pages in the folder. The folder goes in the Toolbox.

# Transition Toolbox



**Dream!**

**Value Yourself**

**Take Care of Yourself**

**And be Good To Yourself**

Tell your team where you want to start. Your team will help you collect all the information and support you to come up with the realistic goals you want to achieve.

Your team will come up with your goals **with or without you**. Pay attention so you have a say in what you do in high school.

Use your Toolbox to collect information as you go through high school.

Look at it a few times a year. Use it to help make decisions. Knowing what your goals are will help you decide what courses to take.

The information is yours and will go with you when you leave school.