

High School



YOU MAY WANT TO INCLUDE....

- Records of courses taken
- Copy of diploma
- Copy of IEP
- Copy of Transition Plan
- Certificates or awards
- Samples of work
- Sports, clubs, Special Olympics
- Assessment results- MAPS, achievement test scores, interest inventories, exploration information
- Transition Plan with goals and objectives
- Summary of Performance



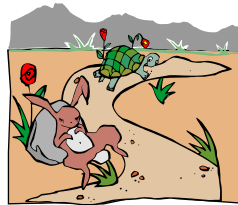
REPORT CARD				
GRADING PERIOD	1	2	3	4
READING	A			
WRITING/COMPOSITION	A			
LANGUAGE	C			
REASONING	B			
SOCIAL STUDIES	B			
ART	A			
MUSIC	A			
PHYSICAL EDUCATION	C			
Grade Point Average	B			
Comments:				
Parent:				
Teacher:				
Student:				

Transition from High School *By Todd Washburne*



Each of us leads a different road to independence.

Mine was very long, but some of yours may be much shorter. As we transition to adulthood we need to keep plugging along and setting achievable and reasonable goals. If we can keep moving forward in small steps we can become the best we can be. We all have a different set of needs and abilities.



There are many ways to help ourselves as we enter the adult world.

One of the first things we can do is to be a good planner and set some doable goals. The last thing we want to do is to fail early on our adult adventure. This will be different for each individual. We will feel better as we get a few successes under our belts. When we just start to spread our wings, we should not try to fly too far at first. Good things will happen as we move toward the independence that we all want for ourselves. We all

want different things and each person's plan is their own. Independence will be different for each of us. Your plan is your own. The road will become much clearer as we change and realize our goals toward real independence. We are kind of like the slow tortoise and may win the race over the hare who goes so fast that he may trip and fall.

The best thing we can do to help ourselves is to go slowly but steadily in the direction we want to go. The worst thing we can do is to be in a rush. We are much better off taking our time and doing it the right way. How we manage our lives is now in our hands more than ever before, and we can be successful if we move forward in small steps. You are going to surprise yourself as you discover how able you are. You will feel more confident and sure of yourself. The road may be longer than we want, but good things happen slowly sometimes.

High School



A transition is moving between one thing and another. You are moving from high school to adulthood. You will leave high school and not come back. You will have different people to see, activities, and responsibilities.

While you are still in high school is the time to explore your likes/dislikes, strengths/weaknesses, and dreams.

TRANSITION REALLY STARTS FROM WITHIN:

KNOW Yourself

- Discover your strengths and weaknesses.
- Explore your likes and dislikes.

KNOW Your disability

- What does it mean to you?
- How does your disability effect you differently in different places and situations?

KNOW Strategies

- Learn ways to get through life with your disability

KNOW Your rights

- Learn your rights as a citizen and as a person with a disability.

KNOW How to get help

- Don't be afraid or ashamed to ask for help.
- You should be proud that you have taken these steps to independence.

High School



Let your team know planning for after graduation is very important to you.

Who will you talk to?

This is a good time to think about your IEP and Transition Plan.

What does it say about you?

Do you have questions about it?

Does it match with what you checked off to the left?

What kind of help do you need?

- Thinking about your strengths
- Dreaming about the future
- Exploring my interests
- Turning my dreams into goals
- Making a plan
- Feeling comfortable to try new things
- Sharing my goals with my family

Who will you talk to if you would like to see changes?

It's your life. You need to be at the table to have a say!