

Academics/Training Transition Activities

This section includes a set of activities designed to assist students with becoming successful in postsecondary or training.

- Tour postsecondary occupational training program
- Contact local college for disability documentation policy
- Complete & submit application to college
- Tour Career Planning Center & inquire about training programs available through them
- Visit college campuses and meet with disability coordinators
- Explore admission requirements for vocational/technical school
- Explore admission requirements for state colleges
- Write an info letter to the disabilities coordinator at college of interest
- Research college scholarship opportunities
- Obtain, complete and submit applications to colleges of interest
- Obtain, complete and submit applications for tuition assistance
- Complete learning styles inventory to identify preferences & strengths
- Complete an assistive technology evaluation
- Meet with military branch officers
- Meet with guidance counselor to discuss necessary paper work for college admissions
- Enroll in study skills training class
- Sign up for/take ACT/SAT test
- Request accommodations for ACT-SAT test
- Apply for financial aid for college/technical school/training program
- Develop time management and study strategies schedule
- Participate in college fairs
- Investigate options available about options after high schools i.e. training programs, vocational trades,
- Identify pros and cons of trade school vs college
- Meet with health services at college to plan for medical emergencies

Academics/Training

Transition Activities (continued)

- Fill out college applications
- Fill out FASA (Student Financial Aid)
- Prepare personal/narrative essay for college applications
- Review diploma options/requirements (transcript audit)
- Identify high school course offerings related to career goals
- Meet with counselor to schedule classes needed to meet postsecondary goals
- Explore support services available at postsecondary schools of interest
- Research entrance requirements for postsecondary schools
- Identify postsecondary schools that provide training in career field of interest
- Enroll in ACT/SAT preparation class
- Explore financial aid options for postsecondary education
- Participate in Internship/Apprenticeship programs
- Participate in vocational assessment
- Explore adult service options
- Identify personal learning styles
- Develop career portfolio
- Meet with guidance counselor to discuss career assessments
- Be able to describe your disability and advocate for supports and accommodations
- Communicate personal information for business (i.e. demographics, medical, etc)
- Complete 4 year plan with guidance counselor
- Explore assistive technology needed to accomplish goals
- Participate in Career and Technical Education open house
- Develop organizational skills
- Search the internet and other resources to learn more about your disability
- Identify how your disability affects you in the classroom, at work in social settings
- Participate in career assessment
- Research the requirements needed to achieve your goals in postsecondary, employment, education or independent living
- Participate in volunteer experiences
- Participate in activities beyond the classroom
- Discuss options and choices for employment, postsecondary and independent living
- Participate in assessments to learn strengths and weaknesses and identify supports
- Research college disabilities services on website
- Contact colleges to learn about disabilities services & documentation guidelines

Academics/Training Transition Activities (continued)

- Research college websites
- Identify test required for admission to the college/vocational school of choice
- Register and to take ACT/SAT
- Meet with guidance counselor to go over results from ACT/SAT
- Obtain documentation of disability from current assessment for college or service providers admission
- Prepare transition packet for disability documentation (evaluation reports, transcripts, test scores, current IEP , medical records, writing samples & letters of recommendation)
- Identify adult support provided by community based agencies
- Register to vote
- Obtain letters of recommendation for employment and education
- Submit documentation to the disability services office at the postsecondary schools or colleges chosen
- Meet with representative of the college student plan intend to pursue
- Complete prevocational/vocational assessment information
- Complete a vocational evaluation
- Locate appropriate postsecondary training for various careers
- Develop a school/training plan to reach goals
- Practice expressing his/her limitations and need for support,
- Participate in interview with teacher and parents regarding vocational interests, possibilities and limitations
- Tour Day program
- Tour sheltered/supported employment programs
- Complete application for Vocational Rehabilitation Services
- Attend Transition Fair
- Learn about community agencies that provide services and support to people with disabilities
- Use daily planner to organize school work ,homework assignments and activities
- Develop a list of personal goals
- Complete transcript review of high school credits with counselor
- Job shadow in Career Tech Program
- Contact counselor to determine most appropriate high school classes to take to reach goal

Occupations/Careers

Transition Activities

This section includes a set of activities designed to assist students with becoming successful in employment and identifying a career.

- Complete job applications
- Practice interviewing skills
- Tour Career Center
- Develop a resume, cover letter and thank you letters
- Research 3 different careers
- Complete career interest inventories
- Attend Career day
- Take the ASVAB
- Job Shadow an employee in career field of interest
- Interview people in career field of interest
- Complete Emergency Information Form
- Research various careers
- Tour local business to inquire about employment
- Participate in Community Based Work Instruction
- Participate in School Work Base Instruction
- Discuss the pros & cons of full time and part time employment and how these options affect benefits offered
- Fill out application for Social Security
- Fill out employment forms (W-4, I-9, etc)
- Practice following directions on forms
- Practice reading paychecks and pay statement (stubs)
- Read signs at a place of business
- Practice telephone skills
- Practice computer skills by answering questions searching the internet
- Practice finding Numbers in a Directory and on the Internet
- Complete and review Interest Inventories
- Identify several careers that match interests
- Obtain specific information about qualifications of jobs of interest
- Participate in volunteer experience

Occupations/Careers Transition Activities

- Observe/ Job shadow an employee at business site
- Enroll in Transition I course
- Explore interest through Career Tech Courses
- Research careers using the internet
- Obtain a work permit
- Obtain a food handlers card
- Perform series of work tasks in response to verbal instructions
- Perform a series of tasks in response to written instructions
- Identify appropriate dress code for work situations (warehouse, office, bank, etc.)
- Practice organizing work materials
- Identify Careers that match abilities
- Obtain specific information about jobs that match abilities and interests
- Research work incentives programs
- Enroll in _____ Career tech course
- Explore summer opportunities through (Camp Birmingham, Fox 6 Youth jobs, etc)
- Search for a part time job in area of interest
- Learn strengths and skills
- Complete career exploration assessment
- Discuss health care needs to employer/ teacher
- Talk to family, friends, and people in the community about employment opportunities
- Attend job fairs
- Search internet to learn about job qualifications, salaries and growth outlook
- Apply for jobs
- Investigate support services available through public welfare, vocational rehab, etc.
- Use assessment worksheets to prepare for job
- Work on assigned work task for ____ consecutive minutes
- Participate independently during group work
- Initiate work related task with _____prompts
- Follow one step directions
- Practice signing in and out at (work, school based, classroom assignments)
- Practice reporting back from lunch or breaks (work, school based, classroom assignments)
- Participate in situational works assessments
- Touch symbols or objects to communicate needs

Occupations/Careers

Transition Activities (continued)

- Select choose job preferences from pictures of jobs
- Explore Supplemental Security (SSI) and Medicaid benefits
- Meet with Vocational Rehabilitation Counselor to discuss eligibility for Vocational Rehabilitation Services
- Keep records of job search (contact person, place, number etc)
- Develop realistic career goals and plans to reach goals based on interest
- Practice completing income tax forms
- Participate in activities to increase their career awareness and personal awareness
- Participate in classroom activities emphasizing skills necessary to determine appropriate job development goals
- Participate in supported employment
- Complete work samples
- Establish job references
- Participate in neighborhood jobs (baby sitting, cutting grass)

Personal/Social Transition Activities

This section includes a set of activities designed to assist students with engaging in personal and social interactions .

- Identify local recreation options
- Visit/contact ____ recreation options
- Determine cost, rules, hours of recreation center of interest
- Evaluate recreation/leisure options of interest
- Explore school activities/sports
- Determine legal needs
- Determine legal resources available in the community
- Research legal resources
- Apply for appropriate legal assistance
- Make decision about participation in recreation activities
- Participate in community activities independently
- Establish bonding relationships with one or several children of their age level
- Operate independently getting in and out of (bus, van, etc)
- Participate in activities independently
- Join local community organized groups (Church auxiliary , clubs, community)
- Request assistance with tasks
- Secure support services for personal use independently
- Select appropriate communication strategies when augmentative device is not available
- Communicate needs to people not familiar with their disability
- Identify and participate in leisure time activities
- Participate in mentor program
- Participate in activities to maintain fitness
- Develop age appropriate friendships
- Express opinions and needs effectively
- Express limitations/needs and strengths
- Learn their rights and responsibilities
- Participate in school activities
- Participate in community activities
- Participate in self-help activities as independently as possible
- List personal and family support agencies and services
- Visit recreation facilities

Personal/Social Transition Activities (continued)

- Make choices and decisions in _____
- Communicate appropriately with peers and adults
- Participate in activities with friends
- Participate in extracurricular activities
- Independently move about the school environment
- Participate in youth groups
- Participate in community sports
- Seek out information on leisure activities of interest
- Apply for mentorship program with community agencies (Boys to Girls Club, etc.)
- Plan recreational outings
- Inquire about religious affiliations
- Check availability of mentor programs in community
- Visit potential places in the community to shop for food, clothes, etc
- Tour local libraries
- Join a community recreation center (YMCA, Recreational parks)
- Participate in age appropriate social activities (dances, concerts, sporting events etc.)
- Sign up to help or participate in summer recreation programs (Park & recreation, etc.)
- Learn how to arrange for sign language or interpreter if needed
- Learn demographic information (height, size, weight, birthdate, etc)
- List reasons for carrying personal ID when leaving home
- Learn social security number
- Learn past medical history
- Learn how to stop and think and when to say NO
- Call and ask for information, materials and booklets on things of interest
- Learn how to sign important documents
- Learn about Day Service programs available after turning 18
- Tour Day programs (Goodwill, UCP, ARC0
- Consult and participate in tutoring programs
- Develop list of personal goals
- Read and order from menus
- Maintain calendar of activities
- Enroll in art class
- Enroll in exercise class
- Join a sports team

Personal/Social Transition Activities (continued)

- Initiate leisure activities with friends (movies, games, etc.)
- Develop list of questions to ask at IEP meeting
- Communicate learning strengths and weakness
- Describe your disability and education history
- Articulate rights and responsibilities under disability-related legislation
- Identify emotions and outlets for emotions
- Use daily planner to organize schoolwork and activities
- Investigate opportunities for socialization training in the community
- Learn about youth volunteer programs

Daily Living Transition Activities

This section includes a set of activities designed to assist students with daily living skills that will prepare them for adulthood

- Learn to operate a dryer and washer machine
- Learn to operate a dishwasher
- Learn to operate a microwave
- Learn to do laundry
- Create and manage daily time schedule
- Learn to take medication independently
- Contact utility company for rates (gas, water, electric, phone, cable, etc)
- Develop a personal fitness routine
- Obtain a bank ATM card
- Attend to daily grooming/hygiene skills independently
- Interview landlords to learn about expectations of a renter
- Purchase food and prepare meals
- Purchase clothing
- Learn who to call for basic household emergencies (power outages, water breaks)
- Learn how to care for clothes
- Learn how to iron clothes
- Practice care of teeth and gums
- Visit agencies with residential services
- Participate in independent living assessment
- Develop emergency procedures for use at home
- Learn to use and read thermometer to take their temperature
- Learn how to treat minor cuts, scrapes, burns and other simple first aid
- Select a primary care physician
- Select a dentist
- Keep and use a calendar, address book, telephone numbers
- Identify and visit community mental health agencies
- Explore city transportation options
- Enroll in Family and Consumer Science Career Tech class
- Take a CPR/First Aid Course
- Develop monthly living budget
- Apply for Supplemental Security Income (SSI)

Daily Living

Transition Activities (continued)

- Memorize phone number and complete mailing address
- Access postal services
- Explore insurance issues/needs
- Explore guardianship issues
- Perform minor home repairs
- Schedule and keep appointments
- Obtain addresses & phone numbers in the telephone directory
- Use telephone independently
- Learn how to protect themselves wearing gloves and safety glasses
- Learn to keep themselves safe (being aware of strangers, using seatbelts, crossing street safe)
- Learn the safety of using computers and phones
- Become familiar with emergency, fire, tornado and disaster plans
- Respond appropriately to fire alarms, fire exits
- Learn how to use fire extinguisher and smoke detector
- Learn how to use emergency telephone numbers 911
- Ask for accommodations for vision/hearing when needed
- Be able to discuss their food allergies
- Be able to discuss their specialized diets
- Understand the basics of good nutrition, and healthy food choices
- Develop budget for purchasing food
- Research fitness programs
- Learn how to store food safely
- Learn how to use public transportation (bus, taxi cab)
- Learn how to apply for disabled parking permit
- Learn about purchasing a vehicle
- Explain medical condition
- Create a list of their personal healthcare providers, their phone numbers and office hours
- Learn the difference between an emergency (hospital visit) or illness (call doctor)
- Learn the difference between primary care and specialists
- Prepare questions for doctors, dentist and nurses
- Create a medical summary to give to service providers
- Research various types of insurance plans
- Contact various insurance companies to find out about insurance policies
- Learn about the various requirements for insurance policies

Daily Living

Transition Activities (continued)

- Understand procedures needed to apply for Medicaid and /or Medicare at age 18
- Keep a calendar of medical appointments (Doctor, Dentist)
- Keep a calendar of appointments
- Learn the names and purpose of your medication
- Fill a daily/weekly pillbox
- Learn how to call pharmacy for prescription refills
- Learn what insurance card to take to (dentist, doctor, fill pharmacy)
- Understand the meaning of co-pay for medical
- Learn how to order medical supplies
- Keep a record of medical information (test results, immunizations, summaries, functional assessments)
- Learn how to complete a medical records release forms
- Read nutritional labels
- Identify items found in kitchen
- Practice reading recipes
- Practice reading signs in restaurants
- Practice calculating tips
- Read store Ads to look for bargains
- Learn how to read and locate store, mall directions
- Read housing ads
- Read rental agreements and search for apartments
- Practice reading utility bills
- Recognize dollar and cents
- Count coins and dollars
- Identify coins and dollar bills and values
- Read charts with prices
- Compare pricing using regular and sale ads
- Learn about using discount coupons
- Practice with the exchange of money
- Study for permit
- Take learner 's permit
- Plan trips using road maps
- Identifying features at a post office
- Apply for library card

Daily Living

Transition Activities (continued)

- Complete Voter's registration form
- Learn food pyramid for nutritional guidelines
- Identify traffic rules and signs (traffic signals, cross streets , construction signs)
- Develop outline of weekly chores
- Read labels and directions
- Operate household appliances
- Make correct change
- Purchase personal items from store
- Construct budget for weekly allowance
- Manage weekly lunch money
- Identify purchases necessary for household (food, clothing, furniture, etc)
- Open checking/savings account
- Use ATM machine
- Use credit card
- Practice good table manners
- Increase independence in the area of self-care
- Identify correct coins to purchase from vending machine (soda, chips, cake, crackers, etc)
- Practice time and calendar skills
- Organize personal belongings
- Maintain acceptable standards of grooming (hair com, brushed)
- Practice communicating by phone including leaving messages messages on answering machine
- Perform house hold task (vaccum, dust, wash dishes, etc)
- Read and order from menus
- Use a watch to follow daily schedule
- Count by 1 to 10
- Count by 5 to 100
- Count by 10 to 100
- Count by 25 to 100
- Calculate wages
- Understand authority figures, rules, laws (police, mayor, etc)
- Understand voting and elections
- Identify community resources

Daily Living

Transition Activities (continued)

- Discuss current events
- Take Driver's Education class
- Learn basic first aid
- Maintain acceptable level of fitness (exercise 3days week)
- Tour apartments for rent
- Visit and tour a variety of adult housing options with supports
- Obtain a list of agencies that provides residential supports
- Learn how to write checks
- Visit local banks about financial options
- Create a balanced menu for a week
- Explore three possible living arrangements
- Discuss local banks in their community
- Read newspaper ad for living options
- Independently operate wheelchair
- Work around wheelchair ramps, curbs, and architectural barriers
- Learn toileting with no assistance or little assistance
- Participate in self help activities as independently as possible
- Practicing moving from sitting position to standing position independently
- Perform personal hygiene skills (brushing teeth, feeding, hair combing, etc)
- Identify dormitories on college campus of interest
- Research and compare cost of dormitories at college of interest
- Practice riding public transportation
- Explore purchasing a car
- Apply for financial assistance from agencies
- Select nutritious meals
- Visit college dormitories
- Complete application for living in dormitory
- Obtain prescriptions from drugstore
- Participate in orientation and mobility training
- Obtain a state ID card
- Understand and identify survival vocabulary/ signs