

Suggested Activities & Experiences to Assist Students In Achieving Their Desired Transition Outcomes

Community Participation

- Become aware of community opportunities
- Develop shopping skills
- Learn to order and dine in a restaurant
- Develop skills to assure personal safety
- Learn to use public/alternative transportation
- Obtain a driver's license (if appropriate)
- Obtain a state identification card
- Learn to use a bank account
- Identify & learn about community & adult services & supports
- Learn to schedule appointments

Home / Community Living

- Develop personal care skills
- Understand human sexuality and relationships
- Develop housekeeping/cooking skills
- Develop budgeting skills
- Identify whom to call & what to do in an emergency
- Identify transportation options
- Participate in independent living training programs
- Identify persons/services to assist in locating a place to live

Recreation and Leisure

- Develop spectator/audience skills
- Identify appropriate dress/behavior
- Identify transportation options
- Arrange social activities
- Establish exercise routines
- Identify local health/fitness clubs
- Identify social supports through family/community
- Explore opportunities for friendships

Jobs and Job Training

- Identify & check eligibility requirements for other job supports
- Participate in work/chores at home
- Visit possible employment/job sites
- Become aware of career opportunities
- Develop interpersonal skills
- Participate in summer employment
- Identify people/agencies to assist in job search
- Apply to vocational rehabilitation agencies
- Identify and arrange for transportation
- Participate in the career education programs

- Identify skills and supports necessary to make decisions available at your school regarding future employment options

Post-Secondary Education and Training

- Identify personal learning styles
- Become aware of career interests/options
- Visit colleges/universities/career schools
- Develop a resume
- Solicit letters of recommendation
- Identify post-secondary options
- Arrange for transportation and housing (if necessary)
- Develop computer skills
- Identify & determine eligibility requirements for community and adult services supports

General Transition Skills for Independence and Self-determination

- Identify strengths and needs (self-awareness)
- Develop self-advocacy skills
- Identify needed accommodations and supports
- Develop and review goals annually
- Participate in/Chair IEP meetings
- Identify adult/community agencies
- Understand disability laws, policies, and rights

- Ensure HS courses/credits are applicable to desired goals

Adapted from Minnesota Department of Education Manual, 1995