

# Illustration of the Four Principle Transition Areas and Suggestions of Relevant Topics in Each Area

*This list of transition considerations is offered as a guide, not a definitive list. Each student's specific needs and interests will determine his or her definitive list.*

## **SELF-DETERMINATION**

Self-determination skills become increasingly important as students approach graduation. Self-determination is a lifelong process which includes:

- Understanding one's strengths, skills and needs (Self-Awareness)
- Setting goals based on one's strengths and preferences
- Acting on the goals
- Communicating one's goals to others
- Advocating on one's own behalf (Self-Advocacy)
- Evaluating one's actions and revising plans, as appropriate

These skills should be taught and modeled with students in transition. Students, and adults who assist them, should consider the Four Transition Areas on the illustration below in transition IEP planning, particularly focusing on helping students to develop strong self-determination skills for their adult lives. The Four Transition Areas list is a starting point for discussions with students as they plan for the future.

Self Determination's central role in each area is illustrated by its position in the middle of the page.

### FOUR PRINCIPAL TRANSITION AREAS

#### EMPLOYMENT

Vocational/Career Assessment  
Vocational exploration and experiences  
Job development  
Seeking, securing and maintaining employment  
Community employment  
On the job training  
Job follow-up  
Supported employment  
Wages  
Supplementary Security Income  
Social Security Disability Insurance

#### POST-SECONDARY EDUCATION

Educational options  
Financial planning  
Support services available  
Academic accommodations  
Personal transition file  
Pre-requisite high school courses  
Entrance requirements  
Vocational goals/personal interest  
Time management  
Study skills  
Interpersonal communication skills  
PSAT/SAT test schedules

SELF-DETERMINATION

#### INDEPENDENT LIVING, if appropriate

Assistive technology/adaptive equipment  
Personal and legal advocacy  
Managing personal finances  
Selecting and managing a household  
Daily living skills  
Counseling/therapy  
Family planning/sex education  
Nutrition  
Consumer skills  
Personal Care Attendants  
Family relationships  
Trusts/Wills  
Legal guardianship  
Personal and health insurance  
Banking  
Living arrangements  
Independent leisure activities  
Managing health care

#### COMMUNITY PARTICIPATION

Transportation:  
independent, public, specialized  
Driver's education  
Vehicle adaptation  
Transportation training  
Group advocacy  
Community supports  
Community recreation  
Friendships  
Voting and citizenship  
Social/religious groups  
Volunteerism  
Socially responsible behavior  
Communicating with others