

## Family/Student/Teacher Worksheet for the First Transition IEP

Students/parents/guardians need to actively share their vision for life as an adult in the areas of employment, education, training and community living with the school team. Following is a worksheet to help start that dialog prior to the first Transition Plan at age 14. This document is not intended to be part of the IEP, but rather a worksheet resource to help develop measurable goals and objectives. Scribble on it, write on it, circle what you want and use it as a tool.

### 1. **EMPLOYMENT** – Where do I see myself after high school?

- **Competitive**  
Do I want to work independently in the community at minimum wage or above with no additional support needed above the normal training period?
  
- **Supported**  
Do I want/think I need a job coach to help me be successful on a job?  
How long?
  
- **Sheltered**  
Will I want to attend a sheltered workshop for day training working towards a goal of a community job?
  
- **Volunteering**  
Do I want to help at places as needed just to get experience and no pay?
  
- **Work experience**  
Do I want to have different hands-on experiences that are parts of a job, just for experience and no pay?
  
- **Comments**

2. **POST-SECONDARY EDUCATION** – Do I see myself going on for additional schooling? What type?

- **Adult Education**  
Do I want to attend classes through my community or local colleges for experience, possibly for grades but not towards a degree?
  
- **Certificate Program**  
Do I want to receive a Certificate of Achievement in a specific area after completing all of the requirements for semester hours (so many hours of class)?
  
- **Community College**  
Do I want an Associate degree from our local community college and meet all or the requirements for a specific area of study?
  
- **4 Year University**  
Do I want to pursue a Bachelors' degree and meet all of the requirements for a specific area of study?
  
- **Master/Doctorate Degree**  
Do I want to pursue a Masters/Doctorate Degree and meet all of the requirements for a specific area of study?
  
- **Comments**

3. **POST-SECONDARY TRAINING** – What type of additional training looks interesting?
- On the job training  
Do I want a job in which someone already working there helps me to learn the job?
  
  - Military  
Do I want to join any branch of the military? Will I need help in passing the ASVAB?
  
  - Apprenticeship Program  
Do I want to look into the local trades, meet their entrance requirements and train as an apprenticeship for the required length of time?
  
  - Vocational/technical Program  
Do I want to look at a specific area of study at a school that offers specific programs and meet the requirements for completion?
  
  - Independent Living Skills Training  
Do I want help in learning how to live in my own place? Will I want assistance in living even when I have learned to do all that I can? In what areas will I need help?
  
  - Sheltered Workshop with a job as a focus  
Do I want to have the structure of a workshop that helps individuals with disabilities continue to learn about jobs, work related behaviors, social skills or individualized needs?
  
  - Other

4. **INDEPENDENT LIVING** (if Applicable) – What are your goals for living independently?

- Independent Living training  
Do I want help in learning how to live on my own?
  
- Health/safety issues  
Do I want to help in learning how to be safe in my home or my community? Do I want to have help in learning how to take care of my own medical needs?
  
- Self-advocacy/future planning  
Do I want help in learning how to speak up for my needs? Do I want help in learning to be a good citizen of the community in which I live?
  
- Transportation/mobility  
Do I want help in learning how to drive, get around in my community, learning to ride a bus, how to look for rides?
  
- Social relationships  
Do I want help in finding out what clubs/ groups, activities are available in my community that will continue to help me in social networks when I want them?
  
- Recreation/leisure  
Do I want help in finding what programs are available in my community to help me fill in my leisure time?
  
- Financial/income needs  
Do I want help in learning how to budget my money, pay my bills, write checks, make change, counting money, finding someone who will assist me as needed?

Although this is not an inclusive list, it is intended to start dialog prior to the first Transition IEP or at that first IEP.

Additional resources for team members can be found at [www.tmcsea.org](http://www.tmcsea.org). The Parent Resource tab and the Transition tab have additional information that may be helpful for future planning.

Additional information that I have found and want to share.

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Questions that I want to ask at my IEP?

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