

## TRANSITION GOALS CHECKLIST

Use this checklist as a guide to learn to manage your disability at various stages of your education:

### **MIDDLE SCHOOL**

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#### **Learn About Your Disability**

- Name your disability and describe how it affects your learning
  
- Identify learning strategies:
  - Identify accommodations for learning, e.g., use of tape recorder, note taking assistance, test
  - Develop and use memory strategies to remember information.
  - Learn to work with classmates; contact them with questions & form study groups.
  - Identify test-taking strategies for multiple choice, fill-in and essay tests.

#### **Learn How to Advocate for Yourself**

- Attend all your educational planning meetings, e.g., IEP, 504 Plan, and Transition Plan.
  
- Ask questions when you don't understand something.
  
- Develop problem solving strategies:
  - Identify social problems you may have in school and generate possible solutions.
  - Identify education problems you may have in school and possible solutions.
  - Develop a list of people who can help you solve these problems.
  
- Develop a Personal Information File
  - Make a file that includes your educational records, reports, & info. related to your disability.

#### **Begin Investigating Possible Careers**

- Identify possible career interests.
  
- Learn about the skills and education needed for those careers.

## **HIGH SCHOOL**

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### ***Freshman/Sophomore Years***

- Continue to learn how to advocate for yourself.
  
- Learn more about your disability and strategies you can use to succeed.
  
- Learn about laws that affect and support students with disabilities, e.g., ADA and Section 504.
  
- Consider possible colleges you may want to attend.
  
- Prepare for college entrance exams (Four year colleges only)
  - Identify what tests need to be taken.
  - Study for the entrance exam (PSAT, SAT, ACT).
  - Use the study guides and/or enroll in SAT preparatory program(s) if possible.
  - Find out what accommodations are available for entrance exams.

### ***Junior Year***

#### **Increase Your Knowledge about Your Disability**

- Review the goals of your transition plan in your IEP or your 504 Plan.
  
- Use your self-advocacy skills during your IEP meeting.

#### **Take the College Entrance Exam (Four Year Colleges Only)**

- Ask your high school counselor about preparing for college entrance exams.
  
- Apply early and request academic accommodations on applications for test(s).
  
- Begin taking exams as early as possible. This gives you time to retake exams, if permitted.

#### **Select the College(s) You are Interested in Attending**

- Plan to visit college(s). Include visits to the disability resources department of each college.
  
- Learn about the types of services and accommodations that maybe available to you.
  
- Pick the college(s) that have the academic programs matching your interests and needs.
  
- If you cannot visit in person, visit the college's website or contact the college by phone.

### **Senior Year**

#### **Select the College(s) to Which You Apply**

- Request an application from the college(s) or visit the college's website and apply online.
  
- Identify the written verification you will need to request services and accommodations in college.

#### **Apply for Financial Aid**

- Complete the financial aid application available at [www.FAFSA.ed.gov](http://www.FAFSA.ed.gov) and submit it by the due date.
  
- Search for scholarships through the college you want to attend, local service clubs, state & national organizations, and your local library and internet.