



Youth Transition Checklist

Four to Five Years Before Leaving the School District

- Identify the youth's preferred learning styles and what accommodations the youth needs to be a successful learner and/or worker.**

- Identify what the youth's skills and interests are with interviewing, surveys etc.. to gather data, then if needed use that information to determine additional training or education needs.**

- Explore options for post- secondary education and admission criteria.**

- Identify interests and options for future living arrangements, including what if any supports needed for the youth's desired living arrangements.**

- Consider goal setting with the youth to help them articulate their interests, preferences, and needs.**

- Consider goal setting with the youth to help them learn to explain their disability and the needed accommodations.**

- Work with the youth to learn and practice informed decision making skills.**

- Learn about assistive technology tools that may increase independence and job opportunities.**

The items on these checklists are suggestions. Each item may not apply to the needs of every student but they can be considered for inclusion in the student's transition plan.



Youth Transition Checklist

Two to Three Years Before Leaving the School District

- Connect with support services and programs like vocational rehabilitation, county services, Centers for Independent Living, etc..**
- Invite service providers to the IEP transition meeting if needed.**
- Match career interests and skills with vocational course work and community work experiences.**
- Gather more information on post secondary or technical training programs and the support services offered; and make arrangements for accommodations to take college entrance exams.**
- Identify health care providers and work to increase involvement in their own care.**
- Determine the need for financial support following high school (Supplemental Security Income, state financial supplemental programs, Medicare, student loans etc.).**
- Provide the youth with appropriate interpersonal, communication, and social skills practice in different settings (employment, school, recreation, with peers, etc.).**
- Consider legal decision-making options like supportive decision making and guardianship**

The items on these checklists are suggestions. Each item may not apply to the needs of every student but they can be considered for inclusion in the student's transition plan.



Youth Transition Checklist

Two to Three Years Before Leaving the School District

- Connect with support services and programs like vocational rehabilitation, county services, Centers for Independent Living, etc..**
- Invite adult service providers to the IEP transition meeting if needed.**
- Match career interests and skills with vocational course work and community work experiences.**
- Check in with the youth and gather information on post secondary or technical training programs and the support services offered; inquire about accommodations to take college entrance exams.**
- Identify health care providers and become informed about their body and medical needs including family planning.**
- Determine the need for financial support following high school (Supplemental Security Income, state financial supplemental programs, Medicare, financial aid, etc.).**
- Provide the youth with appropriate interpersonal, communication, and social skills practice in different settings (employment, school, recreation, with peers, etc.).**
- Consider legal decision-making options like supportive decision making and guardianship**
- Resume creation and update it as needed**
- Practice independent living skills (budgeting, shopping, cooking, housekeeping, etc.).**

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Youth Transition Checklist

One Year Before Leaving the School District

- Apply for financial support programs. (Supplemental Security Income, independent living services, vocational rehabilitation, financial aid for college etc.).**
- Identify public transportation options, and apply as needed (New Jersey Transit reduced fare application; Access Link; county para-transit, etc.).**
- Identify post-secondary schools and arrange for accommodations.**
- Practice effective communication by developing interview skills, asking for help, and identifying necessary accommodations at post secondary and work environments.**
- Specify desired job and obtain paid employment with supports as needed.**
- Take responsibility for arriving on time to work, appointments, and social activities.**
- Identify health insurance coverage options, and apply for Medicaid when student turns 18 if applicable.**
- Assume responsibility for health care needs (making appointments, filling and taking prescriptions etc.).**
- Register to vote**

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College Bound Youth Transition Checklist

9th Grade

- Meet with guidance counselor
- Explore extracurricular activities at school
- Consider taking a career questionnaire to determine career interests

10th Grade

- Meet with guidance counselor
- Learn about colleges and Disability Services
- Consider taking a PSAT test

11th Grade

- Meet with guidance counselor
- Learn about colleges and Disability Services
- Consider taking a PSAT test
- Learn about financial aid
- Think about colleges you'd like to attend
- Consider applying for early admission

12th Grade

- Meet with guidance counselor
- Consider campus visits
- Take the PSAT/SATs
- Write College Essay
- Letter of recommendation
- Apply for Scholarships
- Review Financial Aid Options

The items on these checklists are suggestions. Each item may not apply to the needs of every student but they can be considered for inclusion in the student's transition plan.