



STUDENT CHECKLIST

Transition from High School to College

As a FRESHMAN or SOPHOMORE:

- Attend your IEP meetings. Ask questions at the meetings when you don't understand something.
- Work your way up to leading or leading your IEP meetings.
- Review your current IEP with parents and teachers to make sure you understand what it means.
- List things you would like to do after high school.
- Identify courses you need for graduation and college admissions.
- Identify courses to help you succeed in college. Include those courses in your IEP.
- Identify your social, interpersonal, communication, and independent-living skills.
- Identify areas where you need to be more skilled.
- Talk to parents and teachers about how to increase your skills where needed.
- Explore career options with guidance counselors, teachers and parents.
- Learn all you can about your disability and how it affects your learning.
- Participate in extracurricular, community, and volunteer activities.
- Register for the Pre-SAT or Pre-ACT tests. Ask for accommodations if you need them.

As a JUNIOR:

- Make a list of colleges you might like to attend.
- Contact the regional Vocational Rehabilitation office to find out whether you are eligible for services.
- Visit three to five college campuses with your parents.
- Meet with Admissions, Financial Aid and Disability Support Services offices.
- Review with parents, teachers, and counselors how each college meets your goals.
- Register, prepare for, and take the ACT or SAT. Ask for accommodations if you need them.

As a SENIOR:

- Apply to your colleges of choice for admission and financial aid.
- Ask teachers, counselors, and employers for letters of recommendation.
- If you are going to disclose your disability to the college, submit documentation directly to the campus Disability Support Services office.
- Continue to visit college campuses with your parents. Check buildings and classrooms for accessibility, if necessary. Check into accessible transportation and housing if you need them.



STUDENT CHECKLIST

Transition from high school to the workforce

As a FRESHMAN or SOPHOMORE:

- As a freshman, talk with counselors and teachers about careers.
- Make a list of your employment and life goals.
- Go to your IEP meetings and tell people what kind of job you think you would like.
- Lead your IEP meetings.
- Learn social skills and how to get along with others. You can learn this from a counselor or by taking classes.
- Take aptitude and interest tests to help you decide what your strengths are and the kind of jobs you like.

As a JUNIOR

- Contact the Vocational Rehabilitation (VR) office to see if you are eligible for VR services.
- If you are eligible for VR services, start to work with the school counselor to develop a plan for work.
- Become a self-advocate so that you can help yourself.
- Learn about your rights under the Americans with Disabilities Act.
- Learn about how you can work with employers to let them know about your disability and have them make accommodations.
- Be able to tell others about your disability and how it affects your work.

As a SENIOR

- Ask teachers, counselors, and employers for letters of recommendation.
- Check out accessible housing or transportation, if needed.