

- **Students Give Advice on Transition**

When young adults with disabilities were asked what they thought students should do to ensure a successful transition, they offered a variety of practical suggestions.

- ❖ Work on transition planning with your case manager. Write down your goals, plans, and what you like.
- ❖ Learn good communication skills so you can tell people what you want.
- ❖ Learn about resources like SSI (Supplemental Security Income), IDVR (Idaho Division of Vocational Rehabilitation) and social services. Get information on all available options.
- ❖ Take a more active role in meetings. **Take more responsibility and ask more questions.**
- ❖ Join groups that can help, like local advocacy groups, church groups, and community education classes.
- ❖ Get more work experience, especially try to work part-time for pay.
- ❖ Take classes in independent living skills. Learn how to cook, shop, budget, and how to recognize and count money.
- ❖ Find out how to access community resources, services and emergency systems, and how to get help filling out forms.
- ❖ Learn self-determination skills, advocacy skills, and how to make decisions.
- ❖ Get a driver's license, if you can, or learn how to use other transportation systems.
- ❖ Be serious. Do your homework and budget your time. Learn to use a calendar or planner to write down your assignments and to help you plan time to study.
- ❖ Tell your teachers you have a disability.
- ❖ List your strengths and challenges. Find out what you're good at and put extra effort into areas that are strengths. Then set goals and go for them, but don't be disappointed if you can't do everything – no one can.
- ❖ Learn about accommodations that will help you, like using a spellchecker, asking people to show you how to do things instead of expecting you to read it from a book, using notetakers, asking for extended time for tests, asking for a tutor, having books read to you, using taped textbooks, and having someone read and edit your papers. It will help you a lot if you learn what these accommodations are and how to ask for them before you leave high school. Visit schools you are interested in, talk to some instructors, and sit in on some courses before you decide which postsecondary school you want to attend.

Adapted from forums held with students of the Minneapolis Public Schools.