



Transition Planning:

It's all about me!



PEPNet

Advancing educational opportunities for people who are deaf or hard of hearing

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Transition Planning

Postsecondary Training

Getting ready for a postsecondary education begins many years before entering a program!

- Career exploration
- Improvement of basic academic skill development
- Knowledge of postsecondary options
- Differences between high school & college
- Guiding towards realistic postsecondary plans
- Understanding that applying to a postsecondary program is a process that includes a number of steps and deadlines.
- Shaping behaviors for adult environments
- Understanding Disability Services at the postsecondary level
- Developing advocacy skills to obtain necessary disability-related supports and accommodations
- Development of study skills, goal setting, and time management skills
- Understanding of financial planning & financial aid resources
- Registration process: program requirements, course selection, registration deadlines



Employment

Connecting and applying for adult work services, such as Vocational Rehabilitation Programs (VR), should begin at least two years before leaving school.

- Identifies future career or work choice/interests
- Explores career choices based on personal interests and skills
- Identifies training needs for reaching vocational goals
- Shows a desire to work
- Successfully completes a job application
- Knows how to search for a job
- Possess job interviewing skills
- Prepares a work resume
- Presents a good work image
- Interprets a paycheck statement
- Works well with/without supervision
- Attends work regularly and is on time
- Seeks extra help if having trouble with a job assignment
- Gets along with a boss and coworkers
- Completes work at an acceptable rate with few errors
- Follows work policies and rules
- Uses tools and equipment safely
- Takes direction and accepts criticism
- Terminates a job appropriately and knows what to do if you're laid off





Home Living

Many of these daily living skills are not automatically acquired. The skills taught now will enable students to become capable of living as independently as possible.

- **Independent Living Skills**
- Organize and maintain possessions
- Wash, dry, iron clothes
- Plan and cook balanced meals
- Clean and maintain living space
- Keep and use a calendar and address book
- Compares and finds affordable housing
- Understands SSI benefits and knows how/when to report income changes

Financial and Consumer Skills

- Counts money and gives correct change
- Shops comparatively
- Organizes and keeps financial records and important receipts
- Writes, records, and balances a checkbook
- Uses banking services
- Uses credit cards wisely
- Pays bills on time
- Keeps a budget of important items
- Understands insurance needs
- Organizes materials for tax statements and completes income tax report

Health and Wellness Skills

- Organizes and keeps health records
- Maintains personal grooming and hygiene
- Recognizes and communicates unhealthy symptoms
- Knows how to access health care providers
- Uses medications safely
- Understands and uses health insurance
- Uses basic prevention and first aid knowledge
- Makes healthy sexual choices
- Avoids substance abuse

Recreation & Leisure

An important part of a student's mental health and self esteem!

- Maintaining healthy relationships
- Seeks and recognizes relationship opportunities
- Participates in activities with those in relationships
- Ends unhealthy relationships appropriately
- Appreciates others and shows respect
- Communicates effectively and acts responsibly
- Aware of different types of leisure activities
- Aware of places to learn about leisure activities
- Initiates involvement in recreation/leisure activities
- Participates in age-appropriate individual leisure activities or hobbies
- Plans and schedules activities outside the home
- Takes part in a variety of integrated recreation /leisure activities during non-school hours

Computer/Technology Skills

- Possesses basic Internet skills
- Conducts effective Internet searches
- Uses the Internet safely
- Manages a personal email program



Community Participation

Practicing Responsible Citizenship

- Follows laws
- Shows respect for authority.
- Respects rights of others
- Knows basic U.S., state, and local history
- Registered to vote
- Participates in the voting process
- Protects the environment: i.e. recycles, treats land, water, air with respect.
- State your rights under IDEA
- State your rights under section 504
- State your rights as mandated under the American Disabilities Act

Community Involvement

- Uses strategies to locate services in the community
- Follows steps to acquire services
- Uses effective transportation to access resources
- Acquire information about important community and national issues
- Identify sources of information about community events and activities
- Locates and uses the postal services and other delivery services.
- Contacts persons or agencies that can assist with legal problems
- Volunteers in an area of interest in the community



Self Advocacy

- Cultivates problem solving habits
- Achieves a reliable basis for making informed choices
- Resolving issues of identity and values
- Has a realistic view of self
- Achieving emotional independence from parents and other adults
- Uses stress-management skills
- Setting and achieving transition goals
- Participates or leads annual IEP meetings
- Student monitoring of yearly goals & objectives
- Is aware of situations that require self-advocacy
- Knows how to go after what is wanted in life

Deaf and Hard of Hearing Advocacy

- Understands personal hearing loss and can communicate/explain to others
- Has knowledge of and uses technology available to facilitate communication, home modification, and hearing amplification when appropriate
- Can explain accommodation needs in the workplace or in a postsecondary setting
- Identifies community interpreting resources
- Knows how to request an interpreter when appropriate
- Understands rights/laws that apply to equal access through an interpreter
- Uses effective communication strategies in the community and workplace
- Knows how to access local and national resources for deaf and hard of hearing people