

# Youth Role in Youth Transition Planning

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## WHAT IS TRANSITION

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Transition planning is about supporting you in learning what you want to do as an adult and creating the supports to help you get there successfully. Special Education transition planning will help you to move from high school to adult life and connect you to supports to help you be successful in work, living, and further education.

The Individuals with Disabilities Education Act (IDEA); our nation's special education law says that all students with disabilities will receive services and supports that will prepare them for employment and independent living. IDEA requires that formal transition goals be in place by your 16<sup>th</sup> birthday. But, it is never too early to start planning your future and participating or even leading your IEP meetings, after all it is your future and your plan. There will be a team of people including you, your parents, teachers, service providers, and community agency personnel that will help you to develop an IEP plan that supports your adult life transition.

## TRANSITION COMPONENTS

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To be the best participant in your future you should understand the following supports involved in transition:

- You will decide which diploma pathway and courses you will take in high school. Those courses and pathways should be discussed in your IEP meeting to make sure the courses you take will get you to where you want to work or learn after you leave high school.
- If you want to continue your education after high school you will need information on

Disability Support Services at the campus you want to attend.

- You will want to know what services are available to you when you reach adulthood and how to access those services. Your IEP team can connect you to those providers before you leave high school.

## YOUR ROLE IN YOUR OWN TRANSITION IEP

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Transition planning is about setting goals for yourself for life after high school and supporting you to get there through your IEP. Transition planning is for you the student and will not be successful if you are not involved. To be prepared you should:

- Discuss your interests with your IEP team. Think about what you like doing now and discuss it with your IEP team.
- Explore jobs. Learn all you can about different jobs that interest you. Visit jobs and talk with people who have those jobs.
- Advocate for yourself. You know what you want better than anybody. Speak up at your IEP meeting or even lead it. If you are nervous about taking the lead you can always work with your family and teachers and practice before your IEP meeting.
- Be ready to ask questions about the things you don't understand in your IEP, about your disability, and how to access supports.

## APEC IS HERE TO HELP

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