

Planning Your Future and Setting Goals

WHAT IS TRANSITION

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.

WHO ARE YOU

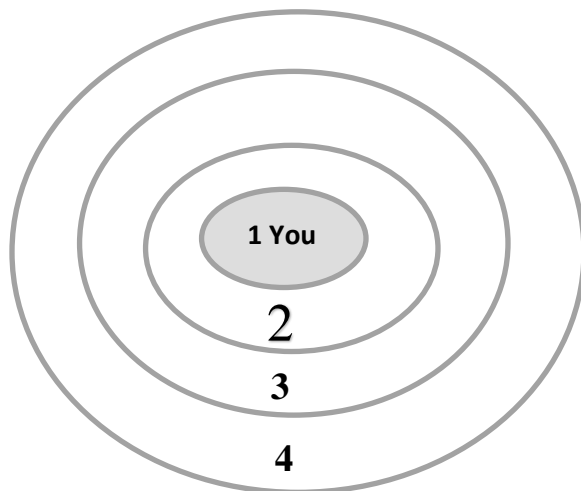
To be the best participant in your future you should understand the things you like and be able to talk about them with your IEP team. The following questions can help you to think about you:

1. What do you like to do and with whom?
2. Where do you like to go and with whom?
3. What things are you good at?
4. What things are hard for you?
5. How do you contribute to your family?
6. How do you contribute in your community?

YOUR RELATIONSHIP MAP

We all do things better with the help of others. Think about the people in your life including family, friends, teachers, professionals and others who help you. In your circles of support complete the following directions:

1. Place your name in the middle circle.
2. In the next circle place the people who spend the most time with you and help you.
3. In the next circle out place the names of people who spend a little less time with you.
4. In the last circle write who you spend the least amount of time with.



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ENVISION YOUR FUTURE

To be the best participant in your future you should understand the things you like and be able to talk about them with your IEP team. The following questions can help you to think about you:

1. Where do you want to live after high school? What support will you need?
2. Where do you want to be working? Will you need support and what kind to get and keep your job?
3. How will you get to work, school, and out in the community? What support will you need to transport you?
4. What do you want or like to do in your free time? What support will you need to continue or start those activities?
5. Who will be your friends? Will you need support to contact or spend time with your friends doing things you like to do?
6. Do you want to go to technical school or college after high school? What help will you need to get there and study?

SETTING GOALS

To be a goal setter you should be specific. Which goal will you begin planning for? As you think about this goal ask yourself the following questions?

1. How will you know when you have reached this goal?
2. When do you want to have achieved this goal?
3. Will you realistically be able to achieve this goal?

OBSTACLES

Think about the things that might stand in your way of you reaching your goal. These things might include lack of information, services, time, or money.

1. What stands in the way of you meeting your goal?

AVAILABLE RESOURCES TO HELP

Physical Resources: What things (money, equipment or others) do I have that might be helpful in working on this goal?



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People Resources: What might some of these people do to help me on this goal? (Look at your relationship map).

Community Resources: What community groups or organizations such as a church or civic group might be helpful to me?

Social Service Resources: What service agencies like school, vocational rehabilitation or others are available to help me with this goal?

Also think about the following as you work through your goals:

1. What adult service providers are available to help you with this goal?
2. What financial \$ supports (SSI, Medicaid or others) are available to help you with this goal?

PRIORITIZE YOUR OPTIONS AND RESOURCES

Think about what you need most and what could help you. Ask yourself the following questions:

- a. Which resources look like they could help you the most?
 - b. Which ones are easiest to get working?
 - c. Which ones will give you the most with the least amount of effort?
 - d. Which ones should you start with first?
- 1.
 - 2.
 - 3.
 - 4.
 - 5.

DEVELOP YOUR ACTION PLAN

To develop your action plan you can think about what you need to work on now and in the future to reach your goals. You can answer the questions:

- a. What can you work on or do immediately right now?
- b. When will you have it done?
- c. Who will help you to get it done?
- d. What do you expect to happen when you get it done?



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- e. How will you know you have done it?
- f. What will take more time?

You can use the following action plan to set your goals in writing to keep you on track.

In order to reach your goals;

- a. what needs to take place immediately,
- b. within the next month,
- c. what needs to happen in the next 3 to 6 months.

Action Plan				
Immediate Steps				
	Who Will Help Me	By When	How Will You Know You Did It	What Happened After You Did It
1.				
2.				
3.				
4.				
Action Plan				
Down the Road Steps				
	Who Will Help Me	By When	How Will You Know You Did It	What Happened After You Did It
1.				
2.				
3.				
4.				

APEC IS HERE TO HELP

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