

MY VOICE. MY GOALS. MY FUTURE.

A D1 TLC Transition Planning Toolkit

For youth and young adults with disabilities ages 14–22.

Developed by the D1 Transition Learning Collaborative (D1 TLC)

Supporting successful transitions for youth and young adults with disabilities across Alaska, Hawai'i, Oregon, Washington, American Samoa, Guam, and the Commonwealth of the Northern Mariana Islands. **Transition planning begins at different ages across Region D1. In Hawai'i, transition planning begins at age 14. In Alaska, Oregon, and Washington, it begins at age 16.**



This toolkit can be used during IEP meetings, transition planning, Division of Vocational Rehabilitation (DVR), Tribal Vocational Rehabilitation (TVR), Pre-Employment Transition Services (Pre-ETS), Developmental Disabilities Administration (DDA) planning, and postsecondary planning.



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This toolkit is your guide to planning for life after high school. It will help you explore your interests, set goals, and discover what matters most to you. There is no one "right" path. College, work, military service, training, or staying connected to your family and community are all successful options. Your future should reflect your goals, values, culture, and dreams.

Remember:

There is no one right way to become an adult.
Your future should reflect who **YOU** are.

My Future Starts With Me

Name:

Age:

Grade:

School:

Graduation
Year:

Reflection

What do I hope to learn from this toolkit?

This Toolkit Belongs to You!

Use it to explore your future, set goals, and prepare for life after high school.

Complete It Your Way

You Can:

- ☐ Write
- ☐ Draw
- ☐ Use photos
- ☐ Use stickers
- ☐ Type your answers
- ☐ Complete it with support

Use it With Others

You can use this toolkit:

- ☐ During IEP meetings
- ☐ During transition planning
- ☐ With family
- ☐ With teachers
- ☐ With DVR or TVR
- ☐ With mentors
- ☐ By yourself

Your goals!

Dream Big!

Take your time!



Revisit Often

Your goals may change as you grow.

Three Words That Describe Me:

Things I Love:

**Add a
picture of
yourself**

Something most people don't know about me is:

What Makes Me Unique?

Everyone has something special that makes them different.

What makes me unique is:

Student Participation Ladder

Look at the participation ladder and circle the statement that best describes where you are right now.

I Can:



You are the expert on your own life

Only you can explain:

1. What you enjoy
2. What you struggle with
3. What motivates you
4. What supports help you
5. What kind of future you want

When you share your ideas, adults can better support your goals.

Think about your next step. Look at the next level on the ladder.

What is one thing I would like to try at my next meeting?

Make a commitment.

Complete the sentence:

My next participation goal is:

Everyone Has Strengths

Strengths are things you do well or qualities that help you succeed.

My Strengths are:

(Check as many as you want)

- ☐ Creative
- ☐ Helpful
- ☐ Responsible
- ☐ Funny
- ☐ Kind
- ☐ Athletic
- ☐ Leadership
- ☐ Technology
- ☐ Problem Solving
- ☐ Organized
- ☐ Artistic
- ☐ Hard Working
- ☐ Caring
- ☐ Honest
- ☐ Patient
- ☐ Other:

My Top Five Strengths

1.

2.

3.

4.

5.

Strengths Others See In Me

Ask someone you trust: What are my strengths?

What Do I Enjoy?

Our interests often provide clues about future careers and goals.

Check All That Interest You:

- ☐ Sports
- ☐ Gaming
- ☐ Art
- ☐ Music
- ☐ Technology
- ☐ Animals
- ☐ Helping Others
- ☐ Building Things
- ☐ Working Outdoors
- ☐ Cooking
- ☐ Reading
- ☐ Writing
- ☐ Leadership
- ☐ Travel
- ☐ Science
- ☐ Healthcare
- ☐ Cultural Activities
- ☐ Language
- ☐ Other:

Three Things I Could Talk About All Day

1.

2.

3.

Activities That Make Me Happy

1.

2.

3.

Future Exploration

An interest I would like to learn more about:

What Matters Most to Me?

Values are the beliefs and priorities that guide our choices.

Circle Your Top Five Values



Family



Community



Friendship



Health



Culture



Happiness



Faith



Creativity



Education



Fairness



Employment



Financial Security



Independence



Helping Others

Why These Values Matter to Me

Our culture, traditions, family, language, community, and experiences help shape who we are. There is no one right way to define identity.

My Culture Includes:

- ☐ Tribal Traditions
- ☐ Alaska Native Heritage
- ☐ Native Hawaiian Heritage
- ☐ Military Family Experiences
- ☐ Rural Community Life
- ☐ Faith Traditions
- ☐ Language
- ☐ Family Traditions
- ☐ Cultural Celebrations
- ☐ Community Service
- ☐ Other:

Important People In My Life

Who teaches me important lessons?

1.

2.

3.

4.

5.



Family Traditions

What traditions are important in my family?

How does my culture influence my future?

I feel connected to my:

- ☐ Tribe
- ☐ Village
- ☐ Faith Community
- ☐ School
- ☐ Sports Team
- ☐ Military Community
- ☐ Cultural Group
- ☐ Neighborhood
- ☐ Other:



How do I contribute to my community?

How does my culture, family, or community influence my future goals?

My Circle of Support

The people in our lives help us learn, grow, solve problems, and reach our goals.

Think about people who help you at home, school, work, in your community, and through your culture or traditions.

Fill in the names of people who support you.

Family supports

Examples: Parent, grandparent, Sibling



School Supports

Examples: Teacher, Transition counselor



Work and Career Supports

Examples: Job coach, employer, DVR counselor



Community Supports

Examples: Friends, Coach, Counselor



Culture and Identity Supports

Examples: Elder & Faith leader



Future Supports

People I may connect with in the future.





Who are the three people I can count on the most?

1.

2.

3.

Who can help me reach my future goals?

1.

2.

3.

4.

I can ask my support team for help with:

(Check as many as you want)

- ☐ School
- ☐ Employment
- ☐ College
- ☐ Independent Living
- ☐ Transportation
- ☐ Healthcare
- ☐ Community Activities
- ☐ Cultural Connections
- ☐ Other:



You do not have to figure everything out on your own. Successful adults ask for help, use their support networks, and build relationships with people who believe in them.

Where I am Today?

Transition planning is a journey.
Before you can make a plan for the future, it helps to understand where you are today.
This assessment is not a test.

There are no right or wrong answers.

Your answers will help you:

-  Identify your strengths
-  Identify skills you want to build
-  Prepare for IEP meetings
-  Prepare for DVR, TVR, DDA, and Pre-ETS meetings
-  Set future goals

Read Each Statement: Fill in the circle that matches what best describes you.

Think about how confident you feel doing that skill today.

Skill: Self-Advocacy

- I can explain my disability.
- I can explain what helps me learn.
- I can ask questions when I need help.
- I can participate in meetings.
- I can share my goals with others.

I can do this on my own



I can do this with some support



I am learning this skill



I need a lot of support


☐
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Skill: Education and Training

- I know my graduation requirements.
- I know my education options after high school.
- I know who can help me at school.
- I know what classes support my goals.

I can do this on my own



I can do this with some support



I am learning this skill



I need a lot of support


☐
☐
☐
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☐

Skill: Employment

- I know careers that interest me.
- I know my strengths as a worker.
- I can complete a job application.
- I understand workplace expectations.

I can do this on my own



I can do this with some support



I am learning this skill



I need a lot of support


☐
☐
☐
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☐
☐
☐

	I can do this on my own 	I can do this with some support 	I am learning this skill 	I need a lot of support 
Skill: Independent Living				
I can follow a schedule.	☐	☐	☐	☐
I can prepare simple meals.	☐	☐	☐	☐
I can complete household chores.	☐	☐	☐	☐
I know how to ask for help when needed.	☐	☐	☐	☐

	I can do this on my own 	I can do this with some support 	I am learning this skill 	I need a lot of support 
Skill: Healthcare				
I know my healthcare needs.	☐	☐	☐	☐
I know my medications (leave blank if you do not take medications).	☐	☐	☐	☐
I know who my healthcare providers are.	☐	☐	☐	☐
I can make or attend appointments with support.	☐	☐	☐	☐

	I can do this on my own 	I can do this with some support 	I am learning this skill 	I need a lot of support 
Skill: Transportation and Community				
I know the transportation options in my community.	☐	☐	☐	☐
I know how to get where I need to go.	☐	☐	☐	☐
I participate in activities I enjoy.	☐	☐	☐	☐
I have people I can count on.	☐	☐	☐	☐

Reflection: Take a Moment to Think

Reflection helps you better understand your strengths, skills, and areas where you may want more support. There are no right or wrong answers. The goal is to think about where you are today and what you would like to work on in the future.

What are three things I already do well?

1.
2.
3.

What are three skills I want to improve?

1.
2.
3.

Three questions I have about my future:

1.
2.
3.



As you gain new experiences, learn new skills, and participate in transition activities, your confidence and independence will grow!

Try completing this assessment again each year to see how far you've come.

My Disability:

Supports that help me:

(Check all that apply)



Visual Supports



Extra Time



Checklists



Technology



Breaks



AAC



Other:

What I want others to know:

School

What accommodations help me?

Work

What accommodations might help me?

Community

What supports help me participate?

My Strengths

My Goals

Questions I have

Supports I need

You do not have to read every word exactly as written.

Use these pages as a guide to help you participate in your IEP meeting.

You can:



Read it



Practice it



Edit it



Use your own words



Share only the parts you feel comfortable sharing

Remember: You are the most important member of your IEP team

Welcome & Introductions

Hello everyone.

My name is .

Thank you for coming to my IEP meeting today.

The purpose of today's meeting is to talk about:

- ☐ My progress
- ☐ My strengths
- ☐ My goals
- ☐ My transition plan
- ☐ My future after high school

I appreciate everyone taking the time to support me.

About Me

I would like to tell you a little about myself.

Some things that are important to me are:

Some activities I enjoy are:

My Strengths

Some of my strengths include:

- ☐ Working with others
- ☐ Technology
- ☐ Leadership
- ☐ Creativity
- ☐ Problem solving
- ☐ Communication
- ☐ Organization
- ☐ Helping others
- ☐ Other:



One thing I am most proud of is:

My Accomplishments

This year I am proud of:

Something I worked hard on was:

What Helps Me Learn

I learn best when:

Some supports that help me succeed are:

- ☐ Visual supports
- ☐ Checklists
- ☐ Extra time
- ☐ Technology
- ☐ Breaks
- ☐ Written directions
- ☐ Other:

Challenges I Am Working On

Something that can be difficult for me is:

One strategy that helps me is:

My Future Goals

One reason we are meeting today is to talk about my future.

After high school I would like to:

- | | |
|---|--|
| ☐ Attend college | ☐ Work |
| ☐ Attend community college | ☐ Volunteer |
| ☐ Learn a trade | ☐ Live independently |
| ☐ Complete an apprenticeship | ☐ Live with family |
| ☐ Join the military | ☐ Other: <input type="text"/> |

Postsecondary Education Goal

My education or training goal is:

I am interested in this career because:

Independent Living Goal

A skill I want to improve is:

This skill is important because:

Community and Cultural Connections

People and communities that are important to me.

I want my future plans to reflect:

- ☐ My culture
- ☐ My family values
- ☐ My community
- ☐ My faith
- ☐ My language
- ☐ My traditions
- ☐ Other:

Transition Services I Would Like To Explore

I would like more information about:

- | | |
|--|--|
| ☐ DVR | ☐ Independent Living Centers |
| ☐ TVR | ☐ Apprenticeships |
| ☐ DDA | ☐ Job Shadowing |
| ☐ Pre-ETS | ☐ Paid Work Experiences |
| ☐ College Disability Services | ☐ Volunteer Opportunities |
| | ☐ Other: <input type="text"/> |

Questions I Have For My Team

Today I would like to ask:

1.
2.
3.

What I Need From My Team

To help me reach my goals, I need support with:

Closing

Thank you for attending my IEP meeting.

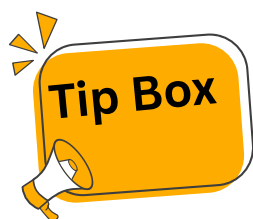
Today I learned:

My next step is:

My Commitments

This year I will:

1.
2.
3.



You do not need to lead the entire meeting to be a leader.

Every time you:

- Share a strength
- Ask a question
- Talk about your goals
- Discuss your future

You are building important self-advocacy skills that will help you in college, employment, independent living, and adult life.

Exploring My Options After High School

There are many ways to reach your goals. Review the options below and check the pathways you want to learn more about.

Future Pathways

- ☐ College or University
- ☐ Community College
- ☐ Trade School
- ☐ Apprenticeship
- ☐ Military
- ☐ Employment
- ☐ Entrepreneurship
- ☐ Other:

What Interests Me Most Right Now?

Questions I Have About My Future:

My Next Step

- ☐ Visit a campus
- ☐ Talk to someone in a career
- ☐ Research a program
- ☐ Meet with DVR
- ☐ Other:

The things you enjoy, your strengths, and your values can provide clues about careers that may be a good fit for you.

Read each section and place a checkmark (✓) next to the activities or tasks that sound interesting to you. Count the total number of checkmarks in each section. Write the total for each section in the "Total Checkmarks" boxes.

There are no right or wrong answers. Choose the options that match your interests, even if you have never tried them before.

What Sounds the Most Like Me?

I enjoy helping people:

- ☐ Teaching
- ☐ Healthcare
- ☐ Counseling
- ☐ Community Service
- ☐ Childcare
- ☐ Other:

**Total
Checkmarks**

I enjoy being outdoors:

- ☐ Fishing
- ☐ Agriculture
- ☐ Forestry
- ☐ Environmental Work
- ☐ Wildlife
- ☐ Other:

**Total
Checkmarks**

I enjoy working with my hands:

- ☐ Building
- ☐ Mechanics
- ☐ Construction
- ☐ Welding
- ☐ Carpentry
- ☐ Other:

**Total
Checkmarks**

I enjoy organizing and planning:

- ☐ Business
- ☐ Office Work
- ☐ Event Planning
- ☐ Leadership
- ☐ Project Management
- ☐ Other:

**Total
Checkmarks**

I enjoy technology:

- ☐ Computers
- ☐ Coding
- ☐ Gaming
- ☐ Graphic Design
- ☐ Social Media
- ☐ Other:

**Total
Checkmarks**

I enjoy being creative:

- ☐ Art
- ☐ Music
- ☐ Photography
- ☐ Writing
- ☐ Design
- ☐ Other:

**Total
Checkmarks**

Look at the sections where you had the highest number of checkmarks. These areas may represent your strongest interests and can help you identify careers you may enjoy exploring.

Write your top three career interest areas below.

#1 Career Interest Area

1.

#2 Career Interest Area

2.

#3 Career Interest Area

3.



You do not need to have your future figured out right now. Most people learn about different careers before deciding what is right for them. The more you explore, ask questions, and try new experiences, the more you will learn about what you enjoy and what is important to you. Every career starts with curiosity and exploration.



Careers I Want To Learn More About

Think about jobs or careers that match your strengths and interests.

Career #1

What interests me about this career?

Education or training needed:

1.
2.
3.

Career #2

What interests me about this career?

Education or training needed:

1.
2.
3.

Which career seems like the best fit for me right now?

Building My Future Team

Check (✓) the services you have used or want to learn more about.

Transition Services

- ☐ DVR
- ☐ TVR
- ☐ Pre-ETS
- ☐ DDA
- ☐ Job Shadowing
- ☐ Volunteer Work
- ☐ Paid Work Experience
- ☐ Apprenticeships



My Employment Goal

Questions I Have

Next Person I Need To Contact

Which career seems like the best fit for me right now?

Preparing For Adult Life

Check (✓) skills you already have. **Circle** skills you want to improve.

Daily Living

- ☐  Laundry
- ☐  Cooking
- ☐  Cleaning
- ☐  Personal Care
- ☐  Time Management
- ☐  Organization

Community Living

- ☐  Transportation
- ☐  Shopping
- ☐  Safety Skills
- ☐  Using Technology
- ☐  Scheduling Appointments
- ☐  Asking For Help

The most important skill I want to improve is:

Because:



Tip Box

Each time you practice a new skill, you are building confidence and preparing for adult life.

Remember:

Independence does not mean doing everything alone.

Taking Charge of My Health

Learning to manage your healthcare is an important part of becoming an adult.

I Know

- ☐ My disability
- ☐ My healthcare needs
- ☐ My medications
- ☐ My allergies
- ☐ My doctors

I Can

- ☐ Make appointments
- ☐ Refill medications
- ☐ Ask questions
- ☐ Provide insurance information
- ☐ Explain my healthcare needs

One healthcare skill I want to practice this year:

1.

Someone who can help me learn this skill:

1.

2.



Learning to manage your healthcare is an important step toward independence.

You do not need to learn everything at once.

Start by practicing one skill at a time.

Every new skill helps you become more confident and prepared for adult life.

My Voice • My Goals • My Future

About Me

My Strengths

1.
2.
3.

My Future Goals

Education:

1.
2.

Employment:

1.
2.

Independent Living:

1.
2.

What Helps Me Succeed

My Accommodations & Supports

1.
2.
3.

My Support Team

1.
2.
3.



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