

Transition Triangle Readiness Checklist

Use this checklist to see where you are in your transition journey. If you cannot check every box, that's okay! Use the recommended section of the Region D1 Transition Toolkit to learn more and build your skills.

Your Vision

I know...

- ☐ My strengths
- ☐ My interests
- ☐ What is important to me
- ☐ My goals after high school
- ☐ Where I would like to live
- ☐ The kind of work or career I want to explore
- ☐ What supports help me succeed

Need More Support?

Visit the 'My Strengths' section of the Region D1 Transition Toolkit.

Transition Planning

I can..

- ☐ Participate in my IEP meeting
- ☐ Share my goals with my team
- ☐ Explain what supports help me
- ☐ Ask questions when I don't understand
- ☐ Help make decisions about my future
- ☐ Track my progress toward my goals

Need More Support?

Visit the 'Preparing for My Transition IEP Meeting' section of the Region D1 Transition Toolkit.

Career & Postsecondary Planning

I have...

- ☐ Explored careers that interest me
- ☐ Learned about education or training after high school
- ☐ Talked with someone about my future
- ☐ Started thinking about employment or joining the military
- ☐ Learned about managing money
- ☐ Thought about life after graduation

Need More Support?

Visit the 'Future Pathways' section of the Region D1 Transition Toolkit.

Community & Adult Supports

I know...

- ☐ Who is on my support team
- ☐ How Vocational Rehabilitation (VR) may help me
- ☐ Where to find community resources
- ☐ What adult services may be available
- ☐ Who to ask for help
- ☐ How my culture, family, and community support my future

Need More Support?

Visit the 'Career Exploration' section of the Region D1 Transition Toolkit.

Celebrate Your Progress!

- ☐ **20-24 checks: You're building a strong foundation!**
- ☐ **12-19 checks: You're making great progress. Choose one or two areas to work on.**
- ☐ **0-11 checks: You're just getting started—and that's okay!**

I will share what I learned with my family, teacher, or transition team.

I will review this checklist before my next transition or IEP meeting.