

# **Transition Activities and Goals**

The transition sections of the IEP include section four and five. In these sections, goals and transition activities are listed for three specific areas: Postsecondary education and training, Employment and Independent Living (if needed).

See below for suggestions of activities that might be considered for each of these areas. Please note each suggestion may need to be reworded to make sure they are SMART goals (specific, measurable, achievable with action words, realistic and relevant, and time managed).

## **Suggested Transition Activities for Education and Training**

1. Enroll in a SAT preparation course
2. Research college scholarship opportunities
3. Enroll in a tech-prep course
4. Enroll in an adult living course
5. Learn about time management
6. Learn financial management-money skills
7. Take occupation specific course
8. Complete a learning style inventory to identify preferences and strengths
9. Learn about agencies that provide services and support to people with disabilities
10. Apply and take modified ACT testing
11. Learn and practice self-advocacy
12. Learn about decision making process and practice the skills
13. Take drivers education
14. Learn and practice social skills
15. Research colleges you might attend
16. Tour colleges and technical schools
17. Take a CPR or first aid course
18. Talk to the Disabilities Services Office at a college of your choice
19. Learn about the the American with Disabilities Act (ADA) and the differences between ADA and the Individuals with Disabilities Education Act (IDEA)
20. Takes courses in food, family, child development and life management

## **Suggested Activities For Employment**

1. Meet with adult workers in your career field of choice
2. Participate in career awareness program
3. Explore summer employment
4. Participate in a supported job experience
5. Participate in a community-based career exploration program
6. Learn about the one-stop workforce center

7. Memorize your social security number
8. Participate in job shadowing
9. Follow directions without complaint
10. Learn how to interview, write resumes, cover letters and do a job search
11. Learn your strengths and skills
12. Demonstrate good hygiene and grooming
13. Attend transition fair or career fair at school and/or in the community
14. Exhibit punctuality
15. Maintain appropriate work habits at school or on a job
16. Go on informational interviews with employers
17. Respond appropriately to authority figures'
18. Demonstrate the necessary interpersonal skills to work with others (good listening, good verbal communication skills)
19. Understands the relationship between specific jobs and the education required
20. Learn about the Opportunities for Ohioans with Disabilities Agency (the "old" Ohio Rehabilitation Services Commission)

### **Suggested Activities for Independent Living**

1. Learn about consumer rights, skills and responsibilities
2. Plan and explore leisure recreation activities in the community
3. Obtain your drivers license
4. Explore alternate ways of transportation if needed
5. Locate and travel to various important locations in your community (doctor office, hospital, adult agencies, bank , etc.)
6. Learn and explore housing options (where to live, leases, etc.)
7. Learn and practice daily living skills (personal care, home management, etc.)
8. Open a checking or savings account, obtain an ATM card
9. Learn how to treat minor illnesses
10. Able to communicate personal information (name, address, telephone number, etc.)
11. Knows and practice safety rules (within home and community)
12. Demonstrates proper judgment with food storage
13. Develops a shopping list based on recognized household and personal needs
14. Practices preventive health care
15. Makes telephone calls and responds appropriately to incoming calls
16. Demonstrates ability to self advocate
17. Purchases clothing and learns how to care for clothes
18. Purchases food and prepares meals. Cleans up afterwards
19. Learn and practice decision making skills
20. Able to identify needed medication, self medicate and order prescriptions when needed
21. Identifies and seeks eligibility for needed disability services (Social Security, Board of Developmental Disabilities, etc.)
22. Able to prepare a budget and manage expenses