Welcome to the **MI Path: Transition Worksheet!**

You have a plan, called an Individualized Education Program (IEP), created by your support team at school. This team is called an IEP Team. You and your parents or caregivers are part of the IEP Team.

When you turn 16, the school must ask you to come to your IEP meeting. At the meeting you talk about what you want to do after high school for a job, for more learning, and where you want to live. It is important you are at this meeting because the plan is about YOU.

Look at the questions below with your parents or caregivers. Answer the questions as best as you can. You can take this worksheet to your IEP meeting and talk about what you want to do after high school.

This worksheet will be presented from your perspective as the student (because this is all about YOU).

Part 1: Self-Advocacy

*My name:	
*My zip code:	
*My school district name:	
*Right now, my age is:	☐ 13, 14, or 15 years old ☐ 16 years or older
*Right now, I am in:	☐ 6th grade ☐ 7th grade ☐ 8th grade ☐ 9th grade ☐ 10th grade ☐ 11th grade ☐ 12th grade ☐ 8th grade ☐ After 12th grade: transition program at your high school or intermediate school district (ISD), college, certification program after high school, other educational programs
*I have a driver's license or state identification (ID) card:	☐ Yes ☐ No ☐ Not sure
*I know what I want to do after high school:	☐ Yes ☐ No ☐ Somewhat

*I learn best with:	☐ Hands-on (doing it) ☐ Hearing information ☐ Seeing information ☐ Other:_____
*I attend all or part of my Individualized Education Program (IEP) Team meeting:	☐ Yes ☐ No ☐ Not sure
*I share ideas and information at my IEP Team meeting:	☐ Yes ☐ No ☐ Sometimes
*I know setting goals is part of my IEP Team meeting:	☐ Yes ☐ No ☐ Somewhat
*I understand my IEP goals:	☐ Yes-all of my goals ☐ No-none of my goals ☐ Some of my goals
*I may need help in my IEP Team meeting so I can share ideas and reach my goals: *(Check the boxes for any help you may need)*	☐ Leading or taking part in my IEP ☐ Speaking up for myself ☐ Letting others know about my disability ☐ Knowing what I am good at and what is hard for me ☐ Knowing how I best learn (examples: using visuals, quiet room) ☐ Understanding what accommodations are ☐ Knowing what accommodations and supports I need ☐ Keeping my mind and body healthy ☐ Staying calm and managing my emotions ☐ Choosing school and community activities ☐ Other:_____
*Skills I am good at and will help me reach my future goals: *(Check the boxes for any skills you are good at)*	☐ Academic ☐ Communication ☐ Computer ☐ Making choices ☐ Making decisions ☐ Dependability ☐ Setting goals ☐ Initiation ☐ Independent living ☐ Leadership ☐ Life-adaptive ☐ Organizational ☐ Solving problems ☐ Self-advocacy ☐ Self-confidence ☐ Self-regulation (managing my emotions) ☐ Teamwork ☐ Willing to learn ☐ Work ethic ☐ Safety (Home/School/Community ☐ Other:_____ ☐ Other:_____

Part 2: Education

*Classes and other skills I am good at:	☐ Art ☐ Business ☐ English/Language Arts ☐ Foods ☐ Health ☐ Languages ☐ Math ☐ Music ☐ Physical Education (gym) ☐ Social Studies ☐ Communications or Social Skills) ☐ Self-Advocacy or Self-Determination ☐ Career Technical Education (CTE) *(such as childcare, welding, engineering, computer programming, nursing, agriculture)* ☐ Other:_____ ☐ Other:_____
I want to continue my education or training by doing the following: *(Check the boxes for ways you may want to continue your education)*	☐ 2-Year Community College/University (and work toward a certificate, diploma, or an associate degree) ☐ 4-Year College/University (*and work for a bachelor's degree*) ☐ Attend a Technical or Trade school and earn a Certification ☐ Attend a short-term certification program *(such as through Michigan Career and Technical Institute-MCTI)* ☐ Go to an 18–26-year-old program in my high school or intermediate school district (ISD) ☐ Get on-the-job training *(such as a registered apprenticeship, other training offered through my post high school employer, job coaching and support offered by agencies such as Michigan Rehabilitation Services (MRS) or the Bureau of Services for Blind Persons (BSBP)* ☐ Take part in or join a humanitarian program *(such as the Peace Corps, AmeriCorps, etc.)* ☐ Enlist in the military ☐ Other:_____
I may need help in the following areas to get ready for my future education or job training: *(Check all the boxes for ways to help me prepare)*	Planning for College/Future Education: ☐ Looking into colleges and job training options ☐ Talking about my skills and possible college support needs including strengths, preferences, interest, needs ☐ Finding out what is needed for disability documentation for college ☐ Planning college tours, and seeing if the college can support my needs ☐ Applying for financial aid and scholarships ☐ Taking practice college entrance exams (SAT, ACT, COMPASS) ☐ Talking with a military recruiter and preparing to take the Armed Services Vocational Aptitude Battery (ASVAB) ☐ Assuring I have the needed adaptive skills for living at college *(such as getting up by myself, taking care of my hygiene and grooming on my own,*

	preparing and getting meals for myself, doing my own laundry, getting around on campus, interacting with professors and other students, organizing my time and homework, living with a roommate, etc.) *Click here for more skills needed to enter college (from A Guide to Assessing College Readiness from Landmark College).* Actions During High School to Help with Planning for the Future: ☐ Getting help with my academic needs in high school ☐ Taking college level courses while in high school ☐ Learning about assistive technology in high school ☐ Planning my required and elective high school classes ☐ Learning about high school options (such as Personal Curriculum, Early Middle College, and Career and Technical Education (CTE), etc.)

Part 3: Career or Job

We usually can get a job with or without further training; a career usually requires more training, college, or other education.

*I know what I want to do for a job or career someday:	☐ Yes ☐ No ☐ Not sure If yes, please add the job or career you want to do below:
*I am interested in learning about jobs or careers in the following areas: *(Check all the boxes for all the areas of interest)*	☐ Agriculture, Food, Farming, Forestry ☐ Architecture & Construction ☐ Arts, Audio Visual (AV) Technology ☐ Business ☐ Education ☐ Finance-Accounting ☐ Government ☐ Health ☐ Hospitality-Tourism ☐ Human Services *(such as counselors, psychologists, therapists)* ☐ Information Techology *(such as computer networking, graphics, or programming)* ☐ Law, Police, Fireman, Ambulance, Security, Corrections-Jail) ☐ Manufacturing ☐ Science, Engineering, Math ☐ Transportation ☐ Other:_____

*I want help finding a high school job to get work experience:	☐ Yes ☐ No ☐ Not sure If yes, what job interests you:
*I have a job or volunteer now:	☐ Yes ☐ No If yes, where do you work (please write where you work: _____ _____ If yes, please add what you do for your job:_____ _____ If yes, how many hours do you work per week: _____ _____ Please share other work or volunteer experiences you have: _____ _____
To reach my job or career goals after high school, I may need support with: *(Check all that you would need)*	☐ Learning about vocational rehabilitation (*an organization or agency that helps with getting work skills to get and* keep a job). In Michigan this is Michigan Rehabilitation Services (MRS) and the Bureau of Services for Blind Persons (BSBP) ☐Taking career surveys to match my interests and skills with certain jobs ☐ Getting information for a certain job ☐ Completing a resume, job applications, and cover letters ☐ Learning interview skills and doing practice interviews ☐ Visiting job training and employment programs ☐ Helping to find a job during the school year ☐ Learning soft skills to keep a job ☐ Helping find a work-based learning experience, a job shadow experience, or school-based job ☐ Helping find a job coach *(such as a person helping you learn the job while you are working)* ☐ Helping finding more about assistive technology at work ☐ Understanding how to talk to my employer about my disability ☐ Helping finding and using public transportation to and from work

	☐ Getting a driver's license or Michigan state identification (ID) card ☐ Volunteering in the community ☐ Other:_____

Part 4: Independent Living

*After high school, I want to: *(Check all you might be thinking about for living arrangements)*	☐ Live with my family ☐ Live in a dorm (with or without a roommate) at college ☐ Live in an apartment or house by myself (*without additional support*) ☐ Live in an apartment or house by myself, with roommates or friends *(with or without additional support)* ☐ Other (please add if there is another living arrangement I want):
*I am good at doing the following things on my own: *(Check all the boxes for all the areas of interest)*	☐ Doing my own laundry ☐ Making sure my clothes are clean, having no wrinkles and not inside-out before leaving ☐ Making meals and my own food preparation ☐ Safely using kitchen silverware, including sharp knives, and appliances ☐ Picking out my own clothes for school or work ☐ Bathing and taking care of my own hygiene needs *(such as shaving, wearing deodorant, brushing teeth)* ☐ Doing chores at home *(such as vacuuming, dusting, sweeping, feeding animals)* ☐ Being safe in the community (*such as interacting with police, handling emergencies, locking doors, able to swim)* ☐ Calling and making my own appointments *(such as getting my hair cut, calling for doctor or dentist appointments)* ☐ Ordering medication refills and taking medication **Here are some more independent living skills (ILS) and ideas of skills you may do for yourself (from the Michigan Department of Education, Resource for Blind/Low Vision and Resource for Deaf/Hard of Hearing , previously MDE Low Incidence Outreach LIO). Other independent living skills (ILS) and transition related materials, for thinking about across the lifespan.** ☐ Other: _____ ☐ Other: _____ ☐ Other: _____ ☐ Other: _____

I may need help with the following so I can live on my own and be more independent in my home or community: (*Check all boxes that could help you live on our own)*	☐ Making a list of things I can do now on my own ☐ Practicing skills in the community (such as going to the bank, using the ATM, shopping for groceries, going to a restaurant) ☐ Learning communication skills ☐ Learning money skills ☐ Learning about meal planning and healthy choices ☐ Learning about sex and how to be safe ☐ Learning to get around safely in the community ☐ Learning about community resources that interest me and become involved in community activities ☐ Learning about assistive technology needs *(such as setting reminders, large print materials, devices that talk like timers or clocks, wheelchairs, walkers, etc.)* ☐ Making medical appointments ☐ Understanding my medications ☐ Managing my time and getting places on time ☐ Exploring places to live after high school ☐ Understanding my rights when I turn 18 ☐ Learning about registering for Selective Services after high school ☐ Learning more about services I need after high school ☐ Other:_____ ☐ Other: _____ **Here are some more independent living skills (ILS) and ideas of skills you may do for yourself (from the Michigan Department of Education, Resource for Blind/Low Vision and Resource for Deaf/Hard of Hearing , previously MDE Low Incidence Outreach LIO). Other independent living skills (ILS) and transition related materials, for thinking about across the lifespan.**

Part 5: Community Participation

Please share with your IEP Team your current activities and interests by answering the questions below about you:

Activities I am involved in right now at school or in my community:	☐ Sports_____ ☐ Clubs_____ ☐ Dance_____

(*Check the boxes for activities you are involved in)*	☐ Theatre_____ ☐ 4-H or Future Farmers of America (FFA)_____ ☐ Volunteering_____ ☐ Scouting:_____ ☐ Other *(other clubs, sports, activities I am involved in):* _____
I am interested in learning more about the following activities at school or in my community:	I am interested in learning more about:
I volunteer right now at:	The places I volunteer right now:
*My hobbies are:	My hobbies right now are *(things I like doing in my spare time)*:

Part 6: Share Your Plan

Now that I have completed this form, I can share this plan with my family and teachers before my IEP Team meeting. This is where my transition plan will be created. I will attend my IEP Team meeting to share my goals and discuss what I need to reach your goals.

*Email myself a copy of the plan I created:	My email:_____
*Send this plan to my family:	My family's email:_____
*Send this plan to my teacher:	My teacher's email: _____