

## TRANSITION PLANNING CHECKLIST FOR STUDENTS AND PARENTS

We value your input about your student's transition needs. The following lists of transition skills are considered important for success as an adult.

Please review the three transition skills lists below with your student and bring this list to the IEP meeting to discuss with the IEP team. Please add any other skills you feel are important.

### Career and Employability

- Work as a member of team
- Follow rules and directions
- Accept criticism and feedback
- Pay attention to detail for assigned tasks
- Complete tasks on time
- Attend school regularly and be on time to classes
- Improve and continue to develop computer skills
- Dress professionally for various settings
- Increase work speed and product output rate
- Work is accurate, and mistakes are corrected
- Accept supervision
- Work independently with minimal prompting
- Organize materials and workspace
- Seek help when needed
- Demonstrate critical thinking skills
- Identify career interests
- Explore careers
- Gain work experience
- Develop job-specific technical skills
- Research FCPS transition programs and courses
- Enroll in a career-related course
- Develop a resume
- Find a job
- Complete applications for employment

- Improve upon and continue to develop interview skills
- Explore postsecondary education options
- Explore adult service options
- Respect personal space of others
- Respect personal belongings of others

### Self-Advocacy

- Participate in IEP meeting
- Participate in developing the transition plan
- Review diploma options and requirements
- Know my rights and responsibilities
- Identify learning strengths and weaknesses
- Communicate learning strengths and weaknesses
- Identify emotions and outlets for emotions
- Set goals and objectives
- Problem-solve
- Cope with stress
- Adapt to changes in routine or schedules
- Use a calendar, daily planner, or technology to organize schoolwork and activities

**Independent Living**

- Set and use an alarm clock to wake up in morning
- Use lists, charts, technology, or apps to maintain personal hygiene
- Use lists, charts, technology, or apps to follow morning and evening routines
- Use lists, charts, technology, or apps to complete housecleaning chores (daily and weekly)
- Understand the locations of emergency exits and when to use
- Know when and how to make calls for emergency services
- Basic first aid skills
- Follow a shopping list
- Read nutrition facts on a label
- Follow a recipe and gather ingredients
- Understand safe food handling practices
- Safely use kitchen tools
- Wash hands before meal preparation
- Note expiration dates of perishable items
- Load, run, and empty dishwasher
- Make bed daily
- Change bed linens on a regular basis
- Empty household trash cans and transfer to outdoor bins
- Identify acceptable items to recycle
- Sweep and mop floors
- Vacuum carpeted areas of home
- Operate household washer and dryer
- Sort clothes by color
- Fold clothes and store properly
- Count and sort coins; count bills
- Make change
- Write checks

- Maintain checkbook and account balance
- Understand difference between credit and debit
- Use a calculator to balance checkbook
- Carry personal identification on me at all times
- Use public transportation

**Other Suggestions**

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