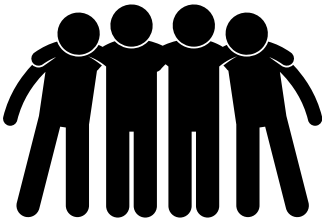


Talk to Your Son or Daughter



- Find out about their hopes and dreams for the future
- Encourage them to seek out mentors and experiences related to those hopes and dreams
- Promote independence, self-determination, and taking risks and learning from their failures
- Think of this process as a car and let your son or daughter drive while you take a turn in the back seat

Talk to the People Around You



- Contact friends and family members about opportunities for your son or daughter at their places of employment
- Ask for advice from other families who have supported their children in the transition to adulthood
- Network with employers you know about their requirements for employment

Talk to the Professionals



- Talk to about school transition experiences they offer
- Connect with staff at colleges and work training programs
- Reach out to staff at Vocational Rehabilitation (VR), Pre-Employment Transition Services (Pre-ETS), and Centers for Independent Living (CILs)
- Seek out information and mentoring from staff in your state's Parent Training and Information Centers (PTIs)

What is transition?

Transition means getting ready for life after high school in these areas:

- careers,
- college and other education,
- community involvement,
- social life, and
- living situations.

Transition requires coordination among students, families, educators, and other professionals, and it works best when it happens in community settings.

Two of the most powerful predictors of successful postsecondary outcomes are:

- paid work and other community-based experiences during high school and
- participation in inclusive classrooms and community settings.

Additional Resources

- The Center for Parent Information and Resources offers parent resources of all kinds. <https://www.parentcenterhub.org/>
- RAISE provides resources and technical assistance about transition to parent centers. <https://www.raisecenter.org/>
- Wrightslaw is a clearinghouse for parent-friendly resources on special education law. <https://www.wrightslaw.com/>
- The National Technical Assistance Center on Transition (NTACT) summarizes research on effective transition practices. <https://transitionta.org/topics/effective-practices/>
- Our research on transition experiences is in the *October 2022* issue of *Exceptional Parent* magazine.