Transition Tips for Youth

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
- I’m Determined provides resources on taking control of your life (self-determination). [https://www.imdetermined.org/](https://www.imdetermined.org/)
- Explore Work is a youth-friendly career planning tool. [https://explore-work.com/](https://explore-work.com/)
- The Autism Self-Advocacy Network (ASAC) promotes empowerment, and equal access, rights, and opportunities for the autism community. [https://autisticadvocacy.org/](https://autisticadvocacy.org/)
- The National Technical Assistance Center on Transition (NTACT) summarizes research on effective transition practices. [https://transitionta.org/topics/effective-practices/](https://transitionta.org/topics/effective-practices/)
- Our research on transition experiences is in the October 2022 issue of Exceptional Parent magazine.