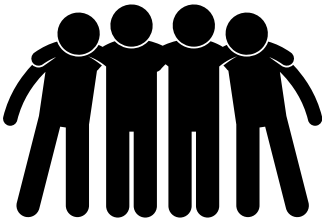


Ask Yourself



- What are your hopes and dreams for yourself when you finish high school?
- What experiences are you having now to move towards those hopes and dreams?
- Right now, are you involved with any experiences related to work?
- If you have a job, what do you like and dislike about it?
- What are you interested in for work?
- What kind of further education or training would help you achieve your career goals?

Ask the People Around You



- Introduce yourself to people who get paid to do the things you're interested in and ask about their jobs
- Ask employers at places you go to, like stores and restaurants, about what they value in employees
- Talk to family, friends, and trusted adults in your life about their jobs, how they got them, and the education and training they had

Ask the Professionals



- Talk to teachers and school staff about transition experiences at school
- Contact staff and educators at colleges and work training programs related to your interests
- Reach out to staff at agencies like Centers for Independent Living (CILs), Vocational Rehabilitation (VR), Pre-Employment Transition Services (Pre-ETS), and 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

- I'm Determined provides resources on taking control of your life (self-determination). <https://www.imdetermined.org/>
- Explore Work is a youth-friendly career planning tool. <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/>
- 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.