Preparing to Become an Adult:
The Parent/Family’s Perspective

As you prepare to assist your child in navigating the transition process to becoming an adult, it will be helpful to take some time to answer the following questions on your thoughts about their future. There are no right or wrong answers; be honest with yourself – for everyone’s sake. If there are several family members involved in this process it will be helpful to discuss each section to know where everyone stands so that the best support possible can be provided for the youth.

Education

1. Which of the following settings do you believe are most realistic for your child? (Check all that apply)
   - College or University
   - Community College
   - Vocational Training
   - On-the-job training
   - Personal development classes
   - Other: ________________

2. What do you see as your child’s educational strengths?

3. What do you see as your child’s greatest challenges regarding school?

Work

1. I think my child would do well in the following work settings: (Check all that apply)
   - Full-time regular job
   - Part-time regular job
   - Supported full or part-time employment
   - Military service
   - Volunteer work
   - Other: ____________________
Work (continued)

2. List the reasons that you believe your son/daughter would do well in the types of work settings checked above.

3. List what you consider to be your child’s greatest strengths.

4. List your greatest concerns/fears about your child entering the workforce.

Housing

1. Which of the following living situations do you believe are most realistic for your child after graduation from high school? (Check all that apply)
   - [ ] On their own in a house/apartment
   - [ ] With a roommate
   - [ ] With family
   - [ ] Supervised living (Group home, supervised apartment)
   - [ ] Other: ______________________

2. What are your child’s strengths in the area of living independently? (i.e., housework, personal hygiene, cooking, budgeting, and financial management, etc.)

3. What are your greatest concerns about your child’s current living situation?
**Housing (continued)**

4. What are your greatest concerns about your child’s *future* living situation?

5. What do you see as the greatest obstacle to your child living as independently as possible?

**Recreation & Leisure**

1. Do you have any concerns about how your son/daughter will spend leisure time after graduation? If so, what are those concerns?

2. What can be done to address/alleviate those concerns?

**Transportation**

1. Which of the following forms of transportation will your child most likely use after graduation?
   - [ ] Have a driver’s license **but no** access to a car
   - [ ] Have a driver’s license **AND** access to a car
   - [ ] Use public transportation independently (bus, taxi, train)
   - [ ] Supported transportation (family, service groups, carpool, special programs)
   - [ ] Walk or ride a bike
   - [ ] Other: _______________________

2. What are your greatest concerns about your child traveling around the community independently?
Strengths

Review the following lists and check the areas in which your child has strengths. It is always important to focus on the strengths and then plan how to utilize those strengths to overcome deficits in other areas. It can be very helpful for you to stop and evaluate where you see your child’s strengths compared to where they see their own strengths.

Social/Interpersonal:

- Making friends
- Setting goals
- Family relationships
- Counseling
- Handling anger
- Communicating wants/needs
- Relationships with the opposite sex
- Handling legal responsibilities
- Other: ___________________

Personal Management:

- Hygiene
- Safety
- Mobility
- Domestic skills
- Money management/budgeting
- Time/time management
- Personal care
- Other: ___________________

Health:

- Ongoing care for serious medical condition
- Information on drug abuse
- AIDS awareness
- Sex education
- Other: ___________________

Also, checkout Mapping Dreams: The Transition to Adulthood
https://www.pacer.org/transition/mapping-dreams.asp