

Beginning at 16, your school is required to invite you to participate in your Individual Education Program (IEP) planning meeting. This meeting will connect your education goals with your post high school plans. The purpose of this meeting is to:

- discover what you have learned about yourself,
- discuss your strengths and interests,
- help you set your goals
- explore opportunities that will help you reach your goals.

**When you attend your IEP meeting, it is not necessary to know exactly what you want to do after you leave high school.** The IEP team (which includes you and your parent) will help you figure that out.



**Who can you expect to be part of your IEP Team?** Your parents, teachers, coaches, principal, and guidance counselor. You are welcome to invite others to the meeting. You can also invite representatives from agencies that assist students after they leave high school, such as vocational rehabilitation, Protection and Advocacy, Independent Living, Developmental Disabilities, etc.

**Many students gain enough confidence to lead their own meetings.** Teachers will support you in leading your meeting. You could begin with leading part of the meeting at first and then work toward leading the entire meeting. **This is a great way to practice the self-advocacy skills you will use after you leave high school.**

**It's your plan!** If the activities in the IEP are not happening during the year, **it is important to inform teachers, parents and others.** It is your right to

bring the team back together to revise the plan. The transition plan and services end when you exit high school with a regular diploma or turn age 21.

**The following websites will help you connect to more information on planning for the future:**

***Vocational Rehabilitation***

[www.nd.gov/dhs/dvr](http://www.nd.gov/dhs/dvr)

***Department of Public Instruction***

<http://www.dpi.state.nd.us/transitn/index.shtm>

***North Dakota Colleges and University Disability Support Services***

<http://www.dpi.state.nd.us/transitn/resource/services.shtm>

***Independent Living Services***

[www.nd.gov/dhs/dvr/individual/independent.html](http://www.nd.gov/dhs/dvr/individual/independent.html)

***Family Support Organizations***

[www.ndcpd.org/ndfamnet/](http://www.ndcpd.org/ndfamnet/)



**At the meeting** you will discuss your skills, strengths, desires, interests, and how they apply to your plans after high school. Please be prepared to talk about:

- The date you expect to graduate from high school.
- The vocational testing that influences your post high school plans.
- Your job shadows/work experiences and volunteer work.
- Your plans for after high school, including further education/training, employment, and independent living.
- The courses you should take to prepare for your future plans.
- Your academic and functional skills (life skills, organizational and job readiness skills) related to those plans.
- How your disability and/or health care needs, including health insurance options, may impact your future.
- Setting goals for the year to help you move closer to your plans after leaving high school.
- How you will measure progress toward these goals.

*An IEP document will be provided to you as a record of your plans and goals*

## **Getting Ready for my IEP:**

### **Things I need to Do!**

- Review my current IEP or 504 Plan with my IEP Teacher/Case Manager.
- Review my vocational and transition assessments results with my Case Manager.
- Think about and list my strengths and interests.
- Think about my plans after high school for education and training, employment, and living independently so I can share my goals with my team.
- Think about what I may need to know and do to speak up for myself, to help me reach my goals. (Example: Describing the accommodation I may need for college or work)
- Find out about adult service agencies and what they may be able to do for me after high school. (My Case Manager can help me get a list of agencies)
- Make a list of who I would like to invite to my IEP meeting and give it to my Case Manager.

# Transition Planning

## Getting Ready

### For "Life after High School"

### What Students Need to Know



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