

Student Name: _____

Date: _____

Making Plans for ...
LIFE AFTER HIGH SCHOOL
(Individual Transition Planning ITP)

Dear Student (and Parents):

This year, you will be asked about your plans and goals for the years after you leave high school. This worksheet will help you consider your goals, aspirations, and your options for life after high school. Use this in conjunction with the Cost of Living worksheet to consider how your living costs may interact with your aspirations.

You will be asked to think about questions like:

- What kind of job or career do I want?
- What kind of recreation and leisure activities do I want to do?
- In which community activities do I want to participate?
- Do I want to continue to live with my family or live on my own?
- Do I want to go to college or vocational school?

This form will help to:

- Guide you in making your plans and goals.
- Remind you of some choices you have made in the past.
- Give you names of agencies that may help you reach your goals.
- Help you plan school and community activities to match your future plans.

WORK EXPERIENCE

The following are some possibilities for you to consider:

- My work experience includes: _____

- I want a full-time job as a: _____

- I want a part-time job as a: _____

- A job coach might be helpful to teach me my assigned duties.
- I might be interested in a sheltered setting where I could get extra help with developing work skills and learning daily living skills.
- I won't need a job as soon as I leave high school because I will be a full-time student.
- I haven't made any decisions, but I am working on it.

RECREATION AND LEISURE

My favorite things to do are:

1. _____
2. _____
3. _____
4. _____

HOME/INDEPENDENT LIVING

My future housing plans after high school include:

- I want to live on my own in a house or apartment.
Question: How will I pay for this living arrangement?
- I want to continue to live with my parents or relatives.
- I want to live in my own house or apartment, but will need support from time to time from someone who can help me.
- I am interested in living in an apartment or group home where there is help and supervision.
- I am willing to relocate for a job opportunity.

COMMUNITY PARTICIPATION

I would like to participate in the following community activities:

1. _____
2. _____
3. _____
4. _____
5. _____

POST-SECONDARY TRAINING AND LEARNING

Some educational/training choices to consider:

- I want to go to college full-time at _____.
- I want to go to college part-time at _____.
- In college I want to study to be a _____.
- I want to learn a job or trade in:
 - o Job Corps at _____ center.
 - o a vocational/trade school at _____

- an apprenticeship program at _____
- another program at _____

- The job or trade I want to learn is _____

- I want to take adult education classes.
The classes I want to take are _____

- I don't plan to go to school because I'll be working at a job.

- I haven't decided what I will do after high school, but I am working on it.

My top three career choices are:

1. _____
2. _____
3. _____

AGENCY SERVICES

I need information on the following agencies:

- Social Security Administration (SSA)
 - SSI
- Department of Motor Vehicles (DMV)
 - Driver's license
 - California State ID
- Far Northern Regional Center (FNRC) Client? Yes ____ No ____
 - Referral for services
 - Other
- Department of Rehabilitation (DR) Client? Yes ____ No ____
 - Help with job training and placement
 - Help with educational costs
 - Uniform, clothing for a job
 - Tools for the trade I am pursuing
 - Other
- Child Protective Services (CPS)
- ROP/Career Education

OTHER SERVICES NEEDED:

- | | |
|----------------------------|-----------------------------|
| ____ Adaptive equipment | ____ Transportation |
| ____ Selfprotection | ____ Dating/Family Planning |
| ____ Daily Living Skills | ____ Counseling |
| ____ Money management | ____ Conservatorship |
| ____ Medical/Health Issues | ____ Respite Service |