



# Post-Secondary Transition Planning: Training for Students of Diverse Backgrounds

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# What is the purpose of this presentation?

This presentation was created to help students with disabilities of diverse backgrounds learn their rights and responsibilities as they plan for the transition for life after high school.

Topics discussed in this presentation:

- Your rights at an Individualized Education Program (IEP) meeting
- Goal writing
- Self-determination
- Self-advocacy
- Identifying your strengths and interests

# A Student's Rights and Responsibilities at an IEP (Individualized Education Program) Meeting

- Teachers are required to prepare you to participate in your IEP meetings
- You have the right to
  - (a) be at the IEP meeting
  - (b) give your opinion and your ideas
  - (c) have the topics you want included in the IEP meeting



# A Student's Rights and Responsibilities at an IEP Meeting

- Your responsibilities include:
  - Thinking about what you want for the future
  - Talking with parents and teachers about goals to write into your IEP
  - Sharing feelings with the IEP team (such as fears or hopes)



# Goal Writing

- There are four topics for transition specific goals:
  1. Training,
  2. Education,
  3. Employment, and
  4. Independent living





# Goal Writing



- Goals about life after high school (called “postsecondary goals”) are based on your dreams for adult life
- These goals should focus on your interests, likes and dislikes, and strengths
- The IEP team should consider your cultural values (what is important to you and your family) and traditions when setting goals
- The IEP team should give you information on programs in your community that you might be interested in (such as social clubs and community resources)



# What is Self-Determination?

Self-determination is about leading and making choices about your own life.



# What is Self-Determination?

- Being self-determined means you have the skills, attitudes, and opportunities to have an active and important role in your learning and planning for the future



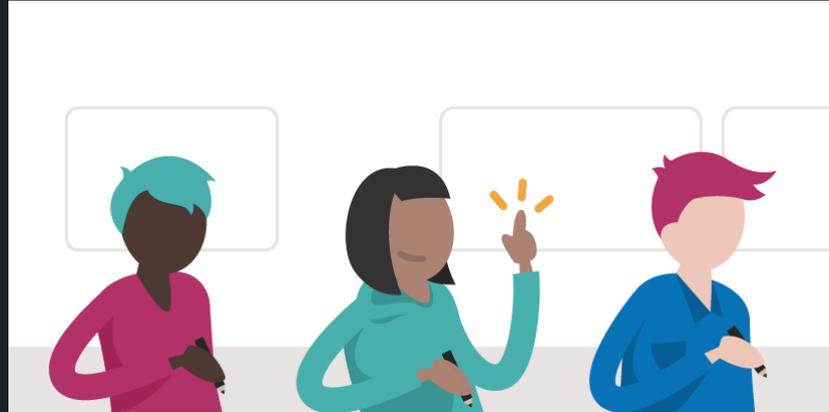
# What is self-determination important?

- Students who are self-determined are more likely to:
  - Be successful and engaged in schoolwork
  - Give input into their educational and transition planning
  - Say they are happier in life
  - Become more aware of their rights and responsibilities



# What is Self-Advocacy?

Self advocacy means speaking up for yourself about what is important for and to you.



# Self-Advocacy

- Self-advocacy is a key part of self-determination
- The first step to self-advocacy is knowing who you are
- Knowing who you are includes telling others about:
  - your preferred learning styles
  - the things you are good at (strengths) and not so good at (weaknesses)
  - What things upset you and what things make you happy (ex: someone might not like it when someone finishes their sentence or pushes their wheelchair without asking)
  - your interests
  - the supports (accommodations) you need to be successful





# Why is Self-Advocacy Important?



- You are your own best spokesperson
- When you have limited choices and others telling you what to do, it is hard to express your own needs
- You should be encouraged to express concerns and preferences about your options
  - Transition planning should be:
    - A good and safe place to practice expressing your opinions in a respectful, supportive environment
    - A good and safe place to practice responsibility and self-knowledge

# Identifying Strengths and Interests

- Your transition team should have high expectations for you while recognizing your interests, talents, desires, and the learning supports needed for you to succeed
- Your transition team should believe that you are capable of high-level work and can complete a high school diploma, succeed after high school, and have a meaningful career and the life you want
- Goals should be unique to your strengths, abilities, and dreams while pushing you to go past what you think you can do...you might surprise yourself!





# Resources

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# Resources

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