

Monthly tips and resources for young adults, their families, and supporters who are exploring options for life after high school in Indiana.

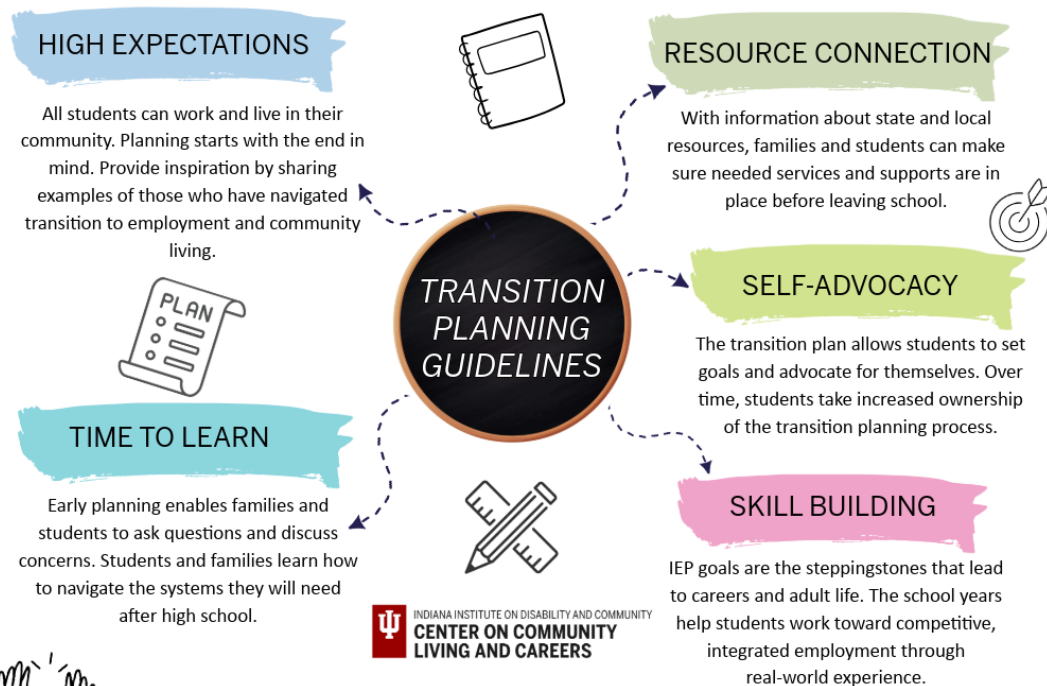
Transition Planning and Processes: Gathering the Tools Needed for Success

Issue No. 54, February 12, 2025

Summer is a few months away! It's a good idea to start planning vacations, visits with friends, and relaxing days. Summer is also a great time to start planning for your future. Whether you're returning to school in the fall or have recently graduated, the transition planning resources below can help you achieve your employment goals.

What Foundational Tools Are Important When Planning for Future Employment?

A successful transition from school to adult life, including landing a competitive job, requires teamwork. This involves you, your family, your teachers, and the people who will support you after graduation. Below are five steps to guide you through the transition planning process.



 INDIANA INSTITUTE ON DISABILITY AND COMMUNITY
CENTER ON COMMUNITY LIVING AND CAREERS

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DEVELOPED BY THE INDIANA FAMILY EMPLOYMENT FIRST COALITION, WITH FUNDING SUPPORT FROM THE INDIANA DIVISION OF DISABILITY AND REHABILITATIVE SERVICES
A DIVISION OF THE INDIANA FAMILY AND SOCIAL SERVICES ADMINISTRATION

1. Set high expectations for an inclusive future.

When planning for employment, start with your desired outcome in mind. Where do you see yourself working in your community? What skills and experiences do you need to achieve this goal? Collaborate with your family and support team to map out the steps necessary to achieve your employment goals. You, your family, and support team should meet regularly to discuss your progress.

2. Focus on connections, access to peers, and information sharing.

Envisioning the future may be difficult. It would be helpful to connect with others who have successfully navigated the transition to adulthood and learn from their experiences. Attend career fairs, visit local employers, and meet with career counselors, including Vocational Rehabilitation and agency employment specialists. Ask questions and discuss any concerns you may have early on.

3. Gain real-world work experience.

The school years should help you work toward competitive, integrated employment by shaping ideas about various jobs and careers. During these experiences, share information about your likes, dislikes, support needs, and experiences with transition team members and prospective employers.

Your IEP goals are stepping stones that lead to employment and other desired postschool outcomes. These goals should connect you with work experiences in real businesses where you'll develop skills, explore work cultures, and different careers.

4. Prioritize community engagement and connecting to ongoing resources and support.

Do you know what resources are available in your community? Many state and local resources, services, and supports are available to help you navigate the employment process, including maintaining your benefits while working. If you haven't already, secure these supports before exiting school. Your teacher of record, school counselor, or pre-ETS provider can connect you with valuable resources, such as a Benefits Liaison. It is never too late to explore how others can help you.

5. Develop goal-setting and self-advocacy skills.

If you don't have a lot of practice setting goals and speaking up for yourself, now is the time to start. Your teachers, parents, and support team can guide you through this process. Start by practicing in areas where you feel most comfortable. Do this with family and friends to gain experience. The more you practice setting goals, speaking your mind, and striving for independence, the greater your future success will be.

Resources:

- Center on Community Living and Careers: [Transition Planning and Processes Resources](#)
- Office of Special Education and Rehabilitation Services: [Postsecondary Transition Guide](#)
- National Technical Assistance Center on Transition (NCAT): [Competitive Integrated Employment CIE Toolkit](#)
- IN*SOURCE: [Transition to Adult Life Resources](#)
- Indiana Disability Rights: [Resources for Students Transitioning from High School to Adulthood](#)



WHAT'S NEXT?



FINDING YOUR
PATH IN LIFE

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