

Transition Plans

What will your life look like after high school?

Will you go to college or work? Will you live on your own?

Now is the time to prepare for the exciting changes to come. And a transition plan can help you reach your goals.



WHAT ARE TRANSITION PLANS?

The best way to reach any destination is with a map. And a transition plan will help map your pathway to life after high school.

Once you turn 16, the law requires that the Individualized Education Program (IEP) your school uses to design your education must now include a plan for your transition from high school to post-school life.

GET *MOVING!*

DON'T WORRY IF YOU'RE NOT YET 100% SURE WHAT YOU WANT TO DO.

YOU CAN—AND WILL—CHANGE YOUR MIND ALONG THE WAY, BUT LET'S START PLANNING!

What's in Your Plan?

This is where you get to share your dreams and employment goals with your school team and your parents. And then together—as a team—you will decide what kind of training, skills, and supports you will need to reach your goals. Options range from college and training to community experiences and real-life living skills.

Who's on Your Team?

Your IEP team can help design and carry out your transition plan. The team could include your parents, guardians, teachers, counselors, and other advocates. This may be a good time to bring in new members to help you reach your goals!

What About ECAP?

All high school students in Arizona are required to have an Education and Career Action Plan (ECAP). Your parents and your counselor or other school staff have to be involved and provide their signature on this plan, but **ECAP is *not* the same thing as the transition plan in your IEP.**

Some schools start the ECAP process in middle school. You can use your ECAP to create a vision for your future, set your goals, and plan for them. Keep in mind the following tips as you update your ECAP each year:

- Start with your personal career goals and postsecondary plans.
- Choose classes that are interesting and help you achieve your goals, especially your electives.
- Align your ECAP with your IEP transition plan.

WHAT'S NEXT?

It's your future, and you can personalize your own roadmap. You need to take a leading role in the plan. Don't be afraid to advocate for yourself!

- ▶ **Explore:** Your school will help you with formal evaluations but start with really thinking about the things you love to do and your strengths.
- ▶ **Dream Big:** This is an exciting time in your life! Your goals are limitless, and they could include postsecondary education at a community college or university, vocational education, employment, independent living, and community involvement.
- ▶ **Make a Plan:** Find out when your next IEP meeting is. If you are ready to get started planning, you can request one earlier. Meet with your school counselor about your ECAP and make sure it aligns with your IEP.
- ▶ **Embrace Your SPIN:** The transition process allows you to figure out what your strengths and weaknesses are. The law states that your IEP goals should be based on your SPIN: strengths, preferences, interests, and needs. Always make sure that everything is geared toward your SPIN.



The future may seem far away, but the more you plan now, the easier your first steps into the adult world will be. Make the most of all the opportunities in your school and community to help you prepare!



LEARN MORE

For Students

- [Dude, Where's My Transition Plan?](#) – *Partners Resource Network*
- [Chart Your Own Future](#) – *Pacer Center*

For Parents

- [Middle and High School Transition Planning: Worksheets and Self-Advocacy Checklist](#) – *National Parent Center on Transition and Employment*
- [Transition Guide to Postsecondary Education and Employment for Students and Youth with Disabilities](#) – *U.S. Department of Education*
- [What is Transition Planning?](#) – *Understood.org*
- [Navigating Life Transitions: Arizona's Transition Resource Guide](#) – *Arizona Community of Practice on Transition*
- [Arizona Transition Slide Guide](#) – *Arizona Department of Education*

Who We Are

A staff of six assists the all-volunteer Arizona Developmental Disabilities Planning Council, which is made up of individuals with disabilities, family members, professional stakeholders, and state agency representatives appointed by the Governor of Arizona. The 23-member Council meets five times a year to discuss issues and vote on which projects to support by allocating our federal funds. The Arizona Developmental Disabilities Planning Council is supported by the Administration for Community Living of the Department of Health and Human Services as part of an award totaling \$1,500,930 with 0% from non-governmental sources.

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