

- Provide opportunities for young adults to take interest inventories, aptitude tests, and to explore the requirements for careers they are interested in, so they can connect this to the training that is required to enter that field.
- Assure that students are enrolled in courses that prepare them for their career goals.

Parents and Family Members

Deciding on a post-secondary training option, such as college, community college, or an apprenticeship can be exciting but also daunting. Many factors have to be explored to decide if the option your child wants to pursue will work. As in so many other areas of life, parents and family members can be crucial mentors in exploring options for further education and training after high school. Young adults will continue to need your guidance, expertise, support, and encouragement as they make the transition from high school to adult life and post-secondary education and training. Remember that any student, no matter what their disability, can benefit from exploring college enrollment as an option for their future. Encourage your young adult to look at numerous options before they rule anything out.

Steps You Can Take

- Work with your child to identify and understand their needs—especially in educational accommodations and modifications.
- Encourage your child to request goals in their IEP focused on self-determination, self-advocacy, understanding their disability, and how to request accommodations in the classroom. This will help your child advocate for his or her needs when moving on to a post-secondary education setting and employment.
- Join your child in exploring and visiting post-secondary education options, and help her or him identify what is good, as well as not acceptable at each site.
- Help your child to advocate at IEP meetings about post-secondary training interests and opportunities to pursue.
- Encourage your youth to explore the option of developing a plan for high school that covers five or more years if that's an option in your state. Some students may benefit from spending a little extra time in high school to help them accomplish their transition goals.

11. Health

The issue of health and health-related needs and concerns is often neglected during the transition planning process. But, if a student is not in good health, it may become even more difficult for them to be actively involved in planning their transition. Students should understand the basics of living a healthy lifestyle, including:

- Healthy eating and meal planning
- Planning for regular exercise at least three times a week
- An active social life