

Transition IEP Activities

A Resource Document for Families and Students



Transition planning for students with disabilities in Virginia begins at age 14, earlier if the IEP team decides. This includes developing an Individualized Education Program (IEP) with post-secondary outcomes, annual post-secondary goals, **transition services, activities,** and course of study.

The **examples** below provide ideas for **transition activities and services** that can be included in a **Transition IEP** using the categories in the **Virginia Online IEP System**. Transition activities should relate to the planned postsecondary outcomes and annual transition goals in the IEP. These services and activities should occur while your child is still in high school and can occur on or off school grounds. **This list is not all-inclusive and not all students will need or want to participate in all the services and activities.** Participation in some activities may require **parental consent and/or involvement**.

Each activity or service included in the transition IEP should state who has primary responsibility for implementation. This may include the **teacher, counselor, student, parent, related service providers, outside agencies, or other team members.** Students and parents should not automatically be assigned as responsible for activities occurring outside of school hours. Who is responsible is an IEP team decision. Transition activities should be updated each year. Some may be appropriate for 9th grade and others not until 11th or 12th grade. Some will be ongoing throughout high school. If transition goals change, so should the activities.

Instruction Examples

- Develop a course of study with your team and enroll in **academic and career technical** courses that match your career goals.
- Review your **course of study** and your **schedule every year** with your team and update as needed.
- Participate in **internships** or other work-based learning.
- Enroll in **college testing** (SAT/ACT) preparation courses.
- Take a class in **study skills**.
- Take the **SAT/ACT** if going to college.
- Research **different colleges** including their disability support services.
- Visit one or more **college campuses, apprenticeship programs, and trade schools of interest.**
- Meet regularly with your **guidance counselor**.
- Find out if your career choice has a **license or credential** and pursue that credential.
- **Complete applications** to specific colleges.
- Attend a session in your division on **FAFSA** to learn how to complete **financial aid applications**.
- Research **military options**.
- Learn about **your rights** under IDEA, ADA, Section 504, and Fair Housing laws.
- Participate in a **self-advocacy** program.



Related Services Examples

- Identify and receive **related services** such as occupational therapy, speech therapy, orientation and mobility services required to meet transition goals.
- Obtain an **assistive technology evaluation**.
- Receive **instruction on how to use assistive technology** needed to achieve transition goals.

Community Experiences Examples

- Find out where you can do **activities** you like such as swimming, skating, camping, dancing, bowling, etc.
- Participate in **volunteer activities**.
- Identify a **mentor**.
- Explore **faith-based** activities.
- Begin **shopping** for your own needs.
- Join a **meetup group and participate in social activities** with the group.
- Visit the **local library** and find out about its offerings.
- Learn how to be safe on **social media**.
- Select and order your own food in **restaurants**.
- Practice safely **crossing streets** including those with traffic lights.
- Join the **YMCA** and participate in group fitness classes.



Employment Examples

- Participate in **Pre-Employment Transition Services**.
- Participate in **community- and school-based work experiences**.
- Research **different careers** and tour specific businesses related to those careers.
- **Interview someone** in a specific career field.
- **Shadow an adult** in a specific career field.
- Practice completing **job applications**.
- Develop a **resume** and employment portfolio.
- Participate in **mock interviews**.
- Get a **part-time job**.
- Apply for **vocational rehabilitation (VR)** services.
- Visit your local **one-stop workforce center**.
- Participate in **career resource fairs**.
- Meet with a **benefits planner** to explore work incentives.

Functional Vocational Evaluation Examples

- Participate in a **comprehensive vocational evaluation** to include but not be limited to:
 - ✓ vocational skills assessments,
 - ✓ interest and learning style inventories,
 - ✓ community-based situational assessments,
 - ✓ school-based vocational evaluations,
 - ✓ vocational evaluation options at vocational rehabilitation or other center-based programs.

Daily Living Examples

- Establish a daily **grooming and hygiene** routine.
- Receive instruction on how to take and manage your **medications**.
- Receive instruction on how to **maintain a household** (pay rent, bills, etc.).
- Know your personal **contact information** and whom to contact in case of an emergency.
- Practice what to do in an **emergency** at home or in the community.
- Assess and obtain **technology** that can help you in your day-to-day life.
- Practice using a **washer and dryer and dishwasher**.
- Develop a **shopping list** based on household and personal needs.
- Take a cooking class to learn how to **cook** and to use **appliances** safely.
- Take a class on the effects of alcohol and substance use and how to practice good **health and safety habits**.
- Receive **sexual health instruction** to learn about safe sex, consent, and other areas.

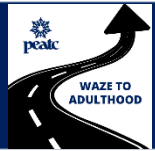


Adult Living Examples

- Identify your local **Center for Independent Living (CIL)** and participate in programs.
- Learn about **decision-making options** if you need help with this.
- Identify and contact **post-high school supports**, like mental health supports, therapies, etc.
- Identify and contact **adult medical providers**.
- Begin using a specific **time management tool**.
- Practice ways to **organize your assignments and due dates**.
- Use a written or online **calendar system** to keep track of appointments.

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Adult Living Examples Continued

- Open a **bank account** and learn how to use a checkbook, debit card, etc.
- Receive instruction on how to **develop and manage a budget**.
- Receive instruction on how **credit cards and loans** work.
- Receive instruction on **understanding a paycheck and taxes**.
- Make **purchases** at local retail stores.
- Research local **housing opportunities** and supports.
- List **transportation** needs and research possible supports.
- Take a driver's education class to get a **driver's license**.



- Obtain a **state ID Card** if you don't plan to drive.
- Take **public transportation** training.
- Register to **vote** if you are eligible.
- Find and contact other **state and local agencies** that can help support you.
- Apply for **federal and state benefits** like Medicaid, Medicaid Waivers, or SSI.

Resources

Charlevoix-Emmet Intermediate School District *Transition Services/Coordinated Set of Activities Examples:*

https://www.charemsd.org/wp-content/uploads/2018/08/cooperative_list_of_transition_services_ada.pdf

New Jersey Department of Education *Sample Activities/Strategies for Statements of Transition Services:*

<https://www.rwjbh.org/documents/csh/IEP-NJDOE-Office-Special-Education-Programs-Activities-Strategies-for-Statements-of-Transition-Services.pdf>

Utah State Board of Education *Transition Services Examples:* <https://www.schools.utah.gov/file/27d26af0-1818-4c9f-a030-ac4ef1121f55>

Transition in North Dakota: *Coordinated Set of Needed Activities/Strategies:*

<https://www.nd.gov/dpi/sites/www/files/documents/SpeEd/Transition/ND%20Examples%20of%20Coordinated%20Set%20of%20Activities%20revised.pdf>



Check out PEATC's comprehensive [Guide to Transition for Families of Youth with Disabilities in Virginia](#) for more information about planning for your child's exit from high school into adult life.



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