



High School Transition

Tips on how to prepare your neurodivergent teen to transition out of high-school and into college

Student

Parent

At School

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|---|---|
| <input type="checkbox"/> Start attending IEP meetings | <input type="checkbox"/> Encourage your student to start attending IEP meetings |
| <input type="checkbox"/> Openly share your needs and wants regarding your education | <input type="checkbox"/> Encourage them to speak up on their needs and wants |
| <input type="checkbox"/> Observe learning preferences | <input type="checkbox"/> Explore different planning tools |
| <input type="checkbox"/> Create study routines | <input type="checkbox"/> Ensure IEP clearly state accommodations and needs |
| | <input type="checkbox"/> Ensure historical challenges are properly documented |
| | <input type="checkbox"/> Contact local vocational services |

At Home

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| <input type="checkbox"/> Spend time learning about Self-Advocacy | <input type="checkbox"/> Determine school's diagnosis age requirements
School may require a diagnosis within the last 3 years |
| <input type="checkbox"/> Develop and practice executive functioning skills | <input type="checkbox"/> Educate your child on their diagnosis |
| <input type="checkbox"/> Explore soft-skills training | <input type="checkbox"/> Enhance independent living skills |
| <input type="checkbox"/> Consider after-school or volunteer work to gain life experience and explore likes and dislikes. | |

Transition Plan

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| <input type="checkbox"/> Explore personal strengths, talents, likes, and dislikes | <input type="checkbox"/> Write transition plans to explore multiple post-graduation paths |
| <input type="checkbox"/> Determine desired parental support level | <input type="checkbox"/> Consider your teens individual strengths, talents, likes, and dislikes |
| <input type="checkbox"/> Familiarize yourself with available services | <input type="checkbox"/> Consider geographical limitations associated with meeting your teen's desired support level |

Post-secondary Institution Considerations

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|---|---|
| <input type="checkbox"/> Is college the right choice for me? | <input type="checkbox"/> Is college the right choice for my teen? |
| <input type="checkbox"/> Consider school size | <input type="checkbox"/> Join social media parent groups |
| <input type="checkbox"/> Ask students about their experience | <input type="checkbox"/> Meet with the schools Disability Services team |
| <input type="checkbox"/> Is college the right choice for my teen? | <input type="checkbox"/> Tour/Visit the school every chance you get |
| | <input type="checkbox"/> Speak to students about their experience |
| | <input type="checkbox"/> Consider living arrangement |
| | <input type="checkbox"/> Consider authorization forms |