



## Catch the Vision



### Resource Connections

NM Public Education Department  
505-827-5800  
[www.ped.state.nm.us](http://www.ped.state.nm.us)

NM PED Special Education Bureau  
505-827-1457  
[www.ped.state.nm.us/seo](http://www.ped.state.nm.us/seo)

NM Division of Vocational Rehabilitation  
505-954-8511  
1-800-224-7005  
[www.dvrgetsjobs.com](http://www.dvrgetsjobs.com)



### Parents Reaching Out

1920 B Columbia Dr. SE  
Albuquerque, NM 87106  
Phone: 505-247-0192  
Fax: 505-247-1345  
**1-800-524-5176**

[www.parentsreachingout.org](http://www.parentsreachingout.org)

### *A Student's Guide To Transition Planning*

- ★ Employment
- ★ Community Participation
- ★ College
- ★ Living Arrangements

### How Do I Prepare for My IEP Meeting?

- ★ Invite the people that you want to help you.
- ★ Practice talking about things that are important to you.
- ★ Make notes about questions that you want to ask.
- ★ Review your IEP from the last year and any previous plans for transition beyond high school.
- ★ Ask the school staff for any special help you may need at the meeting such a note-taker or interpreter.
- ★ Write your main ideas on index cards to help you remember each point you want to make.
- ★ Practice with friends or family.

### What are My Rights and Responsibilities?

It is important to understand that you have rights and responsibilities. The Individuals with Disabilities Education Act (IDEA 2004) is federal legislation that guarantees your right to a Free Appropriate Public Education while you are in school. The Americans with Disabilities Act (ADA), Section 504 of the Rehabilitation Act and the Family Education Rights and Privacy Act (FERPA) are other laws that protect your rights as an individual with a disability.

You also have responsibilities to advocate for your future while you are still in school and after you leave high school. Self-advocacy is especially important once you enter in the work place or attend college. As you learn more about yourself and the laws that protect you, it will become easier to advocate for yourself. Find out more information about your rights and your responsibilities, ask your teachers, advocates, parents, and friends.

#### *"Today's Decisions Impact Tomorrow's Future"*

If you or your parents have questions about Transition Planning, please contact:  
Parents Reaching Out  
1-800-524-5176

## ? What is Transition ?

Transition is moving from one situation or experience to another. In your case, transition would be the process of moving from a high school student to an adult member of your community. Becoming an adult means that you will have things to think about and many questions to ask.

Imagine yourself after high school.

*Where do you see yourself working?*

*Where do you see yourself living?*

Talk with your family, teachers and friends to help answer those questions. Once you have a picture in your mind, it is time to plan for your future.

## ? What is Transition Planning ?

Transition planning takes place during the Individualized Education Program (IEP) process. This is the time when you share your plans for life after high school with your IEP team. This process is also a wonderful opportunity for your team to gather information about your skills. You can participate in career awareness or exploration experiences, work experience programs, school-to-career projects, community-based instruction and high school classes. The information from these different experiences will provide you, your family and school staff with the information needed to develop your transition activities.

## When Do I Begin Transition Planning?

You should begin transition planning by age 14 or earlier if needed. This is the time during your IEP to decide on the type of courses, academic or vocational, that will help you prepare for your future. When you are 16, your IEP will describe instruction, community experiences, employment activities, adult living and related services that will help you achieve your goals after high school.

## Catch the Vision

*Work with your IEP team to set goals that will help you reach your dreams.*

Q: What is your vision for your future?

---

---

Q: What skills do you have to help you reach your goals?

---

Q: Describe any of your job or work related experiences.

---

---

Q: What classes are you taking to help you prepare for your future?

---

---

## What Areas Should Transition Planning Address within the IEP?

- ★ Your strengths and weaknesses
- ★ The supports you may need in your school, home & community activities
- ★ The kind of work you will do
- ★ The kind of education you need
- ★ How you make friends
- ★ How you spend free time
- ★ How you spend your money
- ★ How you will stay healthy
- ★ Where you will live
- ★ Your rights and responsibilities

## Who is Involved in Transition Planning?

You are a member of your IEP team. Other members of your team include: your parents, teachers, school counselors and agency representatives.



You may invite others to your IEP meeting (relatives, friends, advocates, employers or neighbors).

## Whom Would You Invite to Your IEP?

Check List:

- My parent or guardian
- My general education teacher
- My special education teacher
- School district administrator
- Agency representative



## What Will Be My Role on the IEP Team?

Your role on the IEP team is to advocate for yourself. Being a self-advocate means using the information you have gathered about yourself to tell the team what you would like to include in your IEP. Remember that the information you have gathered could come from tests, reports, letters, evaluations, work experience, previous IEP's. It is also important to share your own personal experiences.

Make sure that you have a plan and are prepared before your IEP meeting. You can practice what you are going to say at the meeting at home or in school, so you feel comfortable. Remember to speak clearly and loudly enough to be heard.

## Reach for the Stars!

