



# HIGH SCHOOL IS A BIG THING...

It's preparation for life, for adult life. Although high school is often an exciting time, there can also be a sense of uncertainty for families especially if a student is receiving special education services. Fortunately, IDEA 2004 and the NH Rules for the Education of Children with Disabilities have protections in place to help students receiving special education services prepare for leaving high school.

In high school, IEP teams begin to look at IEPs differently and start to think about planning for what comes next. Schools generally refer to this as *Transition Planning* and the focus is on the future. It starts with identifying what a student might want to do after high school.

As part of Transition Planning, IEP teams start to address three major areas: education, employment and, if appropriate, independent living. At this time you, your child, and the IEP team will need to begin to explore answers to questions like:

- **EDUCATION:** Does my child want to continue his education by going to a vocational or trade school, technical college, or a two-year or four-year college? Does my child want to enroll in a degree or certificate program, or take some courses? What kind of on-the-job training opportunities exist?
- **EMPLOYMENT:** What type of job interests my child? Does she even know? Does he have skills to get a job? How can she try different types of work or find out what interests her?
- **INDEPENDENT LIVING:** Where will my child live? Will he move out to live with a friend or in a group situation? Are there places that my child can live in and receive supports? What types of things can help my child to prepare to live more independently? Can she drive? Is there public transportation? How will he find someone to help get from here to there?

When families and schools work together, IEPs can be developed that identify and plan around a youth's true interests. The Parent Information Center (PIC) provides in-depth information about transitioning from high school. See the reverse side of this flyer for ideas on how to prepare for an IEP meeting and information on how PIC can help.





## **PREPARING FOR AN IEP MEETING ABOUT TRANSITION FROM HIGH SCHOOL**

- Have a discussion with your child to find out what kinds of things interest him. Talk about what she likes or doesn't like about different types of jobs and what if any further education or job training she might be interested in after high school
- Familiarize yourself with your child's IEP
- Make a list of any questions you want to ask or ideas you want to discuss during the meeting about the transition process
- If you're not familiar with the special terms used to discuss transition from high school – terms like *course of study*, *transition services* and *measurable post-secondary goals* – PIC can provide information on these terms
- Find out what the timelines for transition planning are, for example, when you and your child should start talking about possibilities for after high school, when you can schedule a transition planning meeting, etc.
- Learn about graduation requirements
- Learn about what things change when your child turns 18 and what options there are for guardianship
- Think about how you will communicate with school personnel between meetings to discuss how things are going

## **THE PARENT INFORMATION CENTER (PIC) IS HERE TO HELP**

PIC understands that transition planning is a process that all families experience and there is no 'one size fits all' method to transitioning. With this in mind, PIC offers a number of resources to help parents, students and school staff become more familiar with navigating the transition process. These resources include:

- Telephone support and print materials about the special education process, regulations and best practices around preparing for life after high school strategies
- A Transition Tool Kit: A complete guide with information on best practice strategies, what is required under special education laws, resources and examples to bring all the information to life. The Transition Tool Kit is available in written, DVD and online formats
- Free, interactive workshops for parents and professionals
- On-line training modules for parents and professionals

To learn about the workshops we offer, or to request that we send you materials in written or DVD format, please contact:  
The Parent Information Center | 54 Old Suncook Road, Concord, NH 03301 | (800) 947-7005 | [www.picnh.org](http://www.picnh.org)

