



Transition Tips for Graduating Seniors

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Below is a list of suggestions for graduating seniors to support the transition to postsecondary education or employment. Included are tips to remember when integrating technology supports and skills to accomplish to function autonomously.

Consider these tips for a successful transition:

1. Meeting with your son or daughter's educational team to review their IEP to discuss transition recommendations. Remember to discuss educational and vocational needs, in addition to transportation. Discussion regarding appropriate accommodations, including technology supports, should occur and which supports are recommended as they transition to postsecondary education or employment.
2. If your son or daughter is planning to pursue secondary education:
 - Research which schools may be appropriate for your child by visiting and reviewing college websites. Visit colleges and meet with the Student Support Services department to find out what resources, supports and accommodations are available.
 - Develop a plan for supporting the use of technology and supports in the college setting.
 - Identify key people that can provide support with any "technical difficulties."
3. If your son or daughter is pursuing employment upon graduation from high school:
 - Schedule an intake interview and file the necessary paperwork with the Office of Rehabilitation Services, if eligible.
 - Develop a plan for supporting their necessary job skills. Identify which supports are necessary within their work setting.
4. Help your son or daughter develop self-advocacy skills. All individuals need a strong sense of their strengths, abilities, interests and values. They should also be aware of how their disability might affect them at college, work and in the community. Understanding the supports and accommodations, such as assistive technology, that they need is important for their success.
5. Expand their community support networks. Upon graduation from high school, special education services end. Services such as accommodations, transportation and job development services will likely be provided by different agencies. Teaching your child where and who to go to for support and services is crucial in their transition.
6. Support and teach the development of executive functioning skills. Skills such as managing time and money, making decisions and accomplishing goals are very important for successful postsecondary education and/or employment, since these environments tend to be less structured which can be difficult for individuals with executive function deficits. A vast variety of technological tools can help people with a variety of executive functioning skills such as digital calendars, tasks lists, calculators, mind mapping, alerts, alarms and notifications.
7. Teaching them how to stay safe with technology. Because your son or daughter will be in a less structured and less monitored environment, emphasis should be placed on teaching the rules and guidelines of technology for their college or employment, in addition to knowing both mobile phone and email etiquette. Protecting passwords and personal information is also very important to remember when using technology.

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