

Am I ready for work?

	Question	Yes	No	Comments
	I have a home			
	I can show up to appointments on time			
	I am motivated to work			
	I want to work			
	I can wake up on time for appointments and work			
	I have a babysitter or day care for my children			
	I have a car or know how to use public transportation to get to work			
	I know my friends can not bother me at work			
	I can be respectful to my boss			
	I can be respectful to my co-workers			
	I know what kind of job I want			
	I know where I want to work			

	I know how to call out sick			
	I know I can't call out sick frequently			
	I know I need to give 2 week notice for days off			
	I can control my temper at work or in public			
	I know I can't let family or friends bother me while I am working			
	I know I have to work even if there is bad weather, unless boss says otherwise			
	My family supports the idea that I will work			
	I know how to report my earnings to SSI			
	I know I need to be a good advocate for interpreters			
	I know I can't always expect that an employer will have an interpreter for me			
	I am okay with finding other ways to communicate if an interpreter is not available			
	I can work as a team			

Is Full Time College right for me?

	Question	Yes	No	Comments
1	I can visit different colleges and see which is best for me			
2	I can apply to different colleges before deadlines			
3	I can interview for different colleges			
4	I can write college entrance essays			
5	I can get letters of reference for colleges			
6	I can do well on SAT or ACT			
7	I can meet with my financial aid officer as needed			
8	I can complete and hand in FAFSA by March every year			
9	I can complete and hand in College Financial Aid before deadline			
10	I have an idea what I want to do with my college degree			
11	I know there will be a job for me when I graduate with the college degree			
12	I am willing to move where my job will be when I graduate			
13	I can handle my money well			
14	I can afford to pay between 5,000 and 25,000 a year for school if needed			
15	I can apply for scholarships			
16	I can write essays for scholarships			
17	I can live independently			
18	I can wake up for class on time			
19	I can stay awake in class			
20	I can go to class if HOT outside			

21	I can go to class if snowing			
22	I can go to class if it is raining			
23	I can pay for food			
24	I can pay for my sidekick and computer if needed			
25	I can write a resume			
26	I have health insurance, or know how to get health insurance			
27	I have proof of my disability for college			
28	I have transportation to college			
29	I can afford transportation to college			
30	I can study 2-4 hours a day or more			
31	I can read college books, sometimes several different books a day			
32	I can do homework everyday, sometimes 4 hours or more			
33	I can do long research papers, which can take weeks to finish			
34	I can study for BIG tests in middle and end of semesters			
35	I can meet with classmates to work on projects together			
36	I can write essays for classes			
37	I can ask for tutors if needed			
38	I can ask for interpreters if needed			
39	I can ask for interpreters 6 months before classes start			
40	I can register for classes early so the school can get interpreter			

41	I can keep the same classes I registered for, which interpreter will be there for me			
42	I know if I cancel, change, or register for class LATE (3 months or less before classes start) I may not have an interpreter			
43	I can ask for note takers			
44	I can take notes in class if needed			
45	I can get a C+ or better in every class			
46	I can take 3 hours of one class a week			
47	I can take FIVE 3 hour classes a week (sometimes more)			
48	I can take Labs if required			
49	I can stay late in class if needed			
50	I can meet with my advisor every semester			
51	I can ask my teachers for help			
52	I can say NO to friends if I have homework or need to study			
53	I can say NO to party if I have homework or need to study			
54	I can say NO to date/boyfriend/girlfriend if I have homework or need to study			
55	I can use computers to write papers			
56	I can do no-pay internships to learn about jobs			
58	I can network in my major			
59	I can explore different jobs within my major			
60	I can ask questions if I don't understand			
61	I understand if I fail, I have no one to			

	blame but myself			
62	I am ready for college			
63	I want to go to college			
64	I am ready to prepare for work			
65	I can meet with BRS every year			
66	I can send BRS my grades every semester			
67	I can ask my BRS counselor any questions			
68	I can talk to BRS about if I want to change my major			
69	I understand BRS most likely won't pay everything for college			
70	I will keep appointments with BRS until I find a good job ☺			
71	I want to be a successful worker!!! ☺			
72				
73				
74				
75				



River of Life

1. Start by writing down things you did before you graduated ASD that you liked and didn't like (EX. Theater classes, volunteer jobs, working at ASD dorms, etc). Feel free to use the whole paper, add more paper, etc.
2. Continue to add all your jobs, volunteer activities, colleges, groups you joined, etc all the way to your present job at the black line in this river
3. Add everything you've done, including different states you lived in... Add them in order from bottom of the river to top of the river
4. Bring to next appointment where Heidi will explain the process in more depth to you
5. Any questions, please email Heidi at heidi.forrest@po.state.ct.us

My Transition Goals

Name: _____

Counselor: _____

My goal for **Post-Secondary Education** is:

The objectives/activities I need to have included in my **IEP** to help me reach this goal are:

My goal for **Post-Secondary *Employment*** is:

The objectives/activities I need to have included in my **IEP** to help me reach this goal are:

My goal for **Independent Living** is:

The objectives/activities I need to have included in my **IEP** to help me reach this goal are:

My goal for **Community Participation** is:

The objectives/activities I need to have included in my **IEP** to help me reach this goal are:

What kind of college do I want?

	Question	Yes	No	Comments
	I want to live near home			
	I want to live at home			
	I want to live in dorm			
	I want to live in apartment			
	I want to go to BIG school			
	I want to go to small school			
	I want to go to school with sports			
	I want to go to school with a lot of activities			
	I want to go to West Coast			
	I want to stay on East Coast			
	I want to go South			
	I want to stay North			
	I want to go to Mid-West			
	I want to go somewhere HOT			
	I want to go somewhere cold			
	I can afford \$3,000-\$5,000 a			

	year for college			
	I can afford 5,000-10,000 a year for college			
	I can afford 10,000-15,000 a year for college			
	I can afford 15,000-20,000 a year for college			
	I can afford 20,000-30,000 a year for college			
	I can afford more than 30,000 a year for college			
	I can afford a car and car insurance and use my car to get to college			
	I need to use public bus or train to get to college			
	I can walk or bike to college			
	I enjoy eating cafeteria food at dining hall			
	I can afford to eat out with friends every day			
	I am okay with living with a roommate			
	I want to go to a party school			
	I want to go to a quiet school			
	I want to go to an all girls school or all boys school			
	I want to go to a school in the city			
	I want to go to a school in the country			
	I want to go to a school in the suburbs			