

Am I Ready to Graduate?

A Student Checklist for Transition Readiness

My Education & School Progress

- ☐ I am on track to meet graduation requirements
- ☐ I understand my IEP/504 plan (if I have one)
- ☐ I know my strengths and areas I need support
- ☐ I can ask for help when I need it

My Future Plan

- ☐ I have a plan after high school (college, job, training, etc.)
- ☐ I have explored careers or programs I'm interested in
- ☐ I know what steps I need to take next

Self-Advocacy Skills

- ☐ I can explain my needs, goals, and supports
- ☐ I can speak up in meetings (IEP, school, or work)
- ☐ I understand my rights in school, work, and college

Daily Living Skills

- ☐ I can manage my time and schedule
- ☐ I can complete tasks independently
- ☐ I can ask for help or solve problems when needed

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Work & Life Skills

- ☐ I have job experience, volunteering, or training
- ☐ I know basic workplace expectations (showing up, communication)
- ☐ I can complete applications or resumes

Health & Supports

- ☐ I understand my health needs (medications, appointments)
- ☐ I know who to contact for support (family, agency, services)
- ☐ I know about services like DRS, Medicaid Waiver, or community supports

Independent Living (If This Is My Goal)

- ☐ I can manage money or understand basic budgeting
- ☐ I can help with cooking, cleaning, or daily tasks
- ☐ I understand transportation options

Final Reflection

- ☐ I feel prepared for my next step after high school
- ☐ I know who to ask for help if I'm unsure

Bottom Line

Graduation is not just finishing school—it's being ready for what comes next.

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