

so, **who**
else may be able to
help me

- Your school
- Student services at colleges or universities
- DART/DAST Transit Systems
- State service centers
- Local community centers
- Adult literacy program
- Police Athletic League
- Employment & training resource room at the Department of Labor
- Regional adult education program such as James A. Groves Adult High School
- Division of Vocational Rehabilitation (DVR) ☎ **302 761.8275**
- Division for the Visually Impaired (DVI) ☎ **302 577.4730**
- Independent Living, Inc ☎ **302 734.7027**
- Disabilities Law Program of Community Legal Aid Society, Inc. ☎ **302 575.0060**
- Social Security Administration ☎ **302 323.0304**
- Division of Mental Retardation (DMR) ☎ **302 739.4452**
- Division of Alcoholism Drug Abuse & Mental Health (DADAMH)
☎ **302 577.4460** New Castle ☎ **302 422.8338** Kent ☎ **302 856.5236** Sussex
- CONTACT 24-Hour Crisis Helpline ☎ **800 262-9800**



student
guide to

TRANSITION
from SCHOOL
to LIFE

don't forget **YOU** have talent opportunities
future goals
choices **SMARTMOVES**

Student Guide to Transition
Delaware Department of Education
P.O. Box 1402, Townsend Building
Dover, DE 19901
302 739.4667

SMARTMOVES
DELAWARE DEPARTMENT of EDUCATION
DEPARTMENT OF LABOR
Division of Vocational Rehabilitation

what's

transition & what does it do for me

planning

transition

planning:

- begins in 8th grade or age 14 and continues until you leave high school
- allows **you** to **have a voice** in planning your future
- helps you prepare for post high school goals
- helps you plan high school courses
- helps you determine what skills you need to develop to live in your community after high school
- gives you the opportunity to explore career options while still in high school

helps you make connections with post high school programs, colleges and agencies to reach your goals

helps you develop a **Positive Personal Profile**

gives you information to use in your resumé



now,

how can I begin planning my future

and

who maybe included in my transition planning

- YOU**
- Your parents
- Guardians
- Teachers, school administrators
- School nurse
- Guidance counselor
- Community members
- Vocational rehabilitation counselor
- Other relatives
- College, adult education representatives

The best tool to help you plan your future is through your IEP meetings and by developing a **Positive Personal Profile**.

This document will showcase information about yourself, highlighting what you do well.

So, start thinking about the following things, so they can be included in your profile:

- Your life/career dreams and aspirations (at least 3)
- Interests and hobbies
- Strengths
- Work experiences (paid, unpaid, at home, at school, in the community)
- Positive personality traits
- Specific challenges
- Strategies for dealing with each challenge
- Supports

