Transition Meeting Prep: About Me

Fill this out before your IEP transition meeting. Then use it to lead the talk about your future. It works for a 504 or VR planning meeting too.

Name _____ · **Date** _____ · **Meeting date** _____

My biggest supporters

Which people in your life are your biggest supporters? Include role models, mentors, friends, family members, teachers and other people you can count on.

My strengths

Things I am good at

My preferences

Things I like more than other things

My needs

Things I need help with

Obstacles

Challenges I want to overcome

What are my interests?

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Transition Meeting Prep: My Plans

Think about life after high school. Write what you want and the help you need to get there.

After high school

What do I want to do after high school?

☐ College ☐ Vocational or technical training ☐ Work ☐ Other: _____

What kind of living arrangement do I want after high school?

☐ Stay where I am ☐ Live alone ☐ Live with roommates ☐ Dorm living

☐ Other: _____

	What I see for myself in the future	Supports I need to make it come true
Housing		
Work		
Education		
Relationships		

Accommodations and services

Which accommodations or services have worked best for me and will need to continue after I graduate from high school?

One thing I want everyone at my meeting to know about me and my plans

Example: "I want to work with animals, and I learn best when I can see the steps written down."

Tip: Bring this sheet to your meeting. You can read from it.

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