

Activity for Teens

8 Things You Can Do Now to Prepare for Becoming an Adult

Hey Teens,

Did You Know There are Things You Can Do Right Now to Help You Get Ready to Become an Adult

- ❑ **Graduate.** Staying in school (up to and through age 21) and graduating is very important to future success.
- ❑ **Learn to be a great self-advocate!** Practice self-advocacy skills and develop self-determination by attending trainings.
- ❑ **Continue learning.** No matter what you do after high school, have a plan to continue learning. That might be college, technical school, on-the-job training, classes, etc.
- ❑ **Understand your disability.** How does your disability impact how you learn, work, or live in your community?
- ❑ **Know yourself.** Discover what makes you unique. What are your interests, passions, and abilities?
- ❑ **Know your rights and responsibilities.** Consider choices and decisions about where to live, medical decisions, making friends, how you spend your days, etc.
- ❑ **Get a job.** While you are still a teen, try out or learn about different jobs. Get a part-time, weekend, after school, summer, volunteer, or other job. Each job will teach you new skills and help you understand what future jobs or careers might be a good fit for you. Contact the Division of Vocational Rehabilitation for help.
- ❑ **Get involved!** Join a club, sports team, volunteer, or other activity that gets you involved in your school and community. Practice being more independent and navigating the world around you.

Need Help Getting Started?

Your school is a great resource to help you on your way to becoming an adult. People and resources are available to help you reach your education and work goals.

Your School Team Can Include...



Your Special Education Case Manager

Your special education teacher serves as your guide in helping you create goals and achieve them through your Individualized Education Program (IEP), including your Postsecondary Transition Plan (PTP). Share your goals and ideas for how you want to learn, work, and live after high school. Your special education case manager can have those goals written into your transition plan.



Your School Counselor

Your School Counselor is another person who can help you reach your goals. Your School Counselor can partner with teachers, administrators, and community members to give you chances to succeed in school, college, job training, and employment. Your School Counselor can help you develop your Academic Career Plan and understand what you need to do to graduate from high school.

Don't forget to include your teachers, family, and other people close to you as part of your team to help you achieve your school and work goals.