

School Leavers Program

MY TRANSITION PLAN WORKBOOK



Program developed by
Department of Education and Early Childhood Development
Disability Support Program, Department of Opportunities and Social Development

Finishing high school is a big milestone, and it's normal to feel a mix of emotions – excited, unsure, or even overwhelmed. This time in your life is about more than just choosing a program or job. It's a chance to think about you — your interests, strengths, and what kind of life you want to build.

As you plan for the future, remember that support doesn't only come from programs and services. Your community — family, friends, neighbors, mentors, and local groups — can play a big role in helping you reach your goals. These natural supports are just as important as formal resources.

This workbook is here to help you explore your options, discover what's possible, and imagine a future that fits who you are. Don't be afraid to dream big and think outside the box. Your path is unique, and there are many ways to create a meaningful life.

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Introduction

School Leavers

- This Transition Plan Workbook is for you to think about and explore ideas about who you are and what you want to do when you finish school.
- Use this Workbook when you work with your Local Area Coordinator, your family, and your school team.
- Ask lots of questions because this is your plan and it's all about you.
- You can write, draw pictures, or both.
- This workbook will not be completed in one meeting. It will be completed over time which might mean many meetings where you can talk about your plans for the future.
- You can keep this Workbook but remember to take it with you when you meet with your Local Area Coordinator.
- You may have a lot to share in some answers, and little to share in others. That's okay.

Parents and Guardians

- This Transition Plan Workbook is for your School Leaver to use as they work with their Local Area Coordinator as they explore ideas about who they are and what they want to do when they finish school.
- Each section of the Workbook covers various areas to talk about when it comes to thinking about the transition from school to community and adulthood.
- Discussions and information about each topic will help inform conversations at Student Planning Team meetings.
- You can keep this Workbook, but please keep it safe because this is where you and your School Leaver will draw or write information.

Local Area Coordinator (LAC) and the Student Planning Team

- This Workbook is a framework to guide conversations and planning with School Leavers and their families.
- LACs will have a Workbook for each student where developed ideas and plans can be recorded.
- Each section/topic includes things to consider and questions to prompt conversations and ideas.
- Information will help inform Student Planning Team meetings.

About Me

To help fill out the boxes on the next page, here are some questions **about you**.

- What name do I go by?
- How old am I?
- What grade am I in?
- What school do I attend?
- Who supports me at school? (e.g., teachers, learning centre teacher, teacher assistants, custodians, principal, vice principal, friends, cafeteria staff, supervisor, secretaries, SchoolsPlus staff, student support worker, school counsellor).
- How do I like to communicate with others?
- How do I best receive information and learn?
- What do I need help with? How does school staff help me?
- Are there any important things the LAC should know about me?
- What do I like about school? What do I not like about school?
- What are my interests?

Note: Please fill out as much information as you want. Not all sections need to be completed.

About Me

My Name

My Pronouns

My Age

My Grade

My School

My School Team

Other Important Information About Me

More About Me

To help fill out the box about **your skills, strengths, and abilities** on the next page, here are some questions.

- What am I good at doing? List as many things as you can think of.
- What can I do on my own?
- What makes me feel really good when I do it on my own?
- What am I proud of?

To help fill out the box about **your future vision** on the next page, here are some questions.

- What do I want to do when I'm an adult?
- What do I want to do after leaving school?
- What do I want to learn?
- What do I think I'll be doing in 5 years?

More About Me

Things I am good at (skills, strengths, abilities)



My vision for my future



Leisure and Recreation

To help fill out the box on the next page, here are some questions about **leisure and recreation**:

- What do I do in my free time?
- What do I like to do?
- Do I like to do things in groups or on my own?
- What is something new I would like to try?
- What is something that I've been afraid to try?
- What are some activities I used to do?
- Who do I ask when I need help?

Things to consider about **leisure/recreation**:

- Individual
- Independence
- Group
- Support
- Advocacy

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **leisure and recreation**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.

Leisure and Recreation



Thinking about my future, I want to explore these things now ...

Family, Friends, and Community

To help fill out the box on the next page, here are some questions about **family, friends, and community**:

- Who is important to me?
- Who is a part of my family?
- Who are the people I love in my life?
- Who are my friends?
- What do I do for fun with family? What do I do for fun with friends?
- Where do I like to go in my community?
- What do I do for fun in my community?
- How can I get involved in my community?
- Do I volunteer in my community?
- Are there any groups that I'm interested in? These can include sports teams, hobbies, music concerts, recreation centre sports and activities, and more.
- What is something I've always wanted to do in my community?
- Are there any cultural activities or celebrations that I participate in?
- Are there cultural activities or celebrations that I would like to be a part of?
- What do I need to feel safe in my community?

Things to consider about **social development**:

- Friendships
- Socialization
- Family relationships
- Cultural involvement
- Valued roles
- Personal development
- Volunteering
- Community involvement
- Safety

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **family, friends, and community**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.
- There are some pages at the back of this workbook that can be used to think about my **Support Network** (Page 27-29).

Family, Friends, and Community



Thinking about my future, I want to explore these things now ...

Life and Social Skills

To help fill out the box on the next page, here are some questions about **life and social skills**:

- What social things do I do now that make me happy?
- What are some social things I like to do? What are some social things I would like to try?
- Do I know about community resources in my area? Are there activities that my friends participate in that I would like to try?
- How can I keep myself safe?
- What do I need to do to be independent and happy?
- What do I like to do in my spare time?
- Who do I like to spend my time with?
- What do I need help with to be social?
- How do I maintain personal hygiene? What am I not doing on my own that I would like to?
- Who can I go to when I need help with how I'm feeling (sad, angry, struggling with mental health)?
- How do I express my opinions and feelings with others? Do I do this appropriately?

Things to consider about **personal management**:

- Life skills
- Personal hygiene
- Daily living supports
- Mental and physical health maintenance
- Safety

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **life and social skills**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.

Life and Social Skills



Thinking about my future, I want to explore these things now ...

Living Arrangements

To help fill out the box on the next page, here are some questions about **living arrangements**:

- Where do I live now?
- Where do I want to live when I'm older?
- Do I want to live independently?
- Do I want to have roommates?
- What support do I need to live independently?
- Are there existing programs or supports in my community that would help me?
- Who can help me when needed?
- How will I pay for living on my own?

Things to consider about **living arrangements**:

- Daily living arrangements
- Housing options
- Support
- Advocacy

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **living arrangements**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.

Living Arrangements



Thinking about my future, I want to explore these things now ...

Transportation

To help fill out the box on the next page, here are some questions about **transportation**:

- How do I get to school?
- How do I get to places after school and on the weekend?
- Do I travel on my own or do I need some support?
- What would I like to try to be more independent?
- What transportation options are available in my area?
- What do I need to know about transportation safety?
- Have I used public transit before?
- Are there activities that are available in another area but not close to my home for me to join? How could I be better supported?

Things to consider about **transportation**:

- Independent
- Public transportation
- Specialized transportation
- Specialized equipment

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **transportation**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.

Transportation



Thinking about my future, I want to explore these things now ...

Skills and Working

To help fill out the box on the next page, here are some questions about **skills and working**:

- What are some things I am good at? What are some things I am not good at?
- What things do I like working on? What do I not like doing?
- What are some skills I would like to learn?
- What things do I need to practice?
- What job would I like to have? What skills I need to learn to do that job?
- Do I like to volunteer? What type of volunteering do I like to do?
- Are there programs or community resources I would like to be connected to?
- What are adaptive supports that could help me?

Things to consider about **training/employment**:

- Education
- Skills development
- Meaningful employment
- Career coaching
- On the job training
- Workplace support
- Vocational Rehabilitation
- Volunteering

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **skills and working**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.

Skills and Working



Thinking about my future, I want to explore these things now ...

Managing my Money

To help fill out the box on the next page, here are some questions about **managing my money**:

- What do I need money for?
- Do I have a bank account?
- Do I have a bank card? Do I do online banking?
- Have I saved any money?
- Who manages my money now? Who can help me with banking?
- What do I do to save money?
- Where will I get money to help me live?
- What do I do if I want to buy something?
- Are there any existing programs or supports in my community that can help me?
- Who can help me make a budget? Who do I ask if I need help managing my money?

Note: Please do not record any personal banking information.

Things to consider about **financial planning**:

- Financial literacy
- Finances
- Money management
- Income
- Income assistance
- Advocacy

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **managing my money**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.

Managing my Money



Thinking about my future, I want to explore these things now ...

My Health

To help fill out the box on the next page, here are some questions about **my health**:

- Do I take medication? How do I know what to take every day?
- What do I do if I feel sick?
- Who helps me stay healthy and safe?
- Who do I reach out to when I need help?
- How would I describe my wellbeing and health?
- What do I need to be healthy?
- Are there programs I want to be connected to?
- What is helpful for people to know about my health?

Note: *Your private health information belongs to you and should not be shared here. This includes your health card information or personal health information.*

Some additional things to consider about **health/medical services**:

- Health care provider(s)
- Advocacy
- Healthy lifestyle
- Health care plan(s)
- Treatment(s)
- Medication(s)
- Therapy
- Insurance

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **my health**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.

My Health



Thinking about my future, I want to explore these things now ...

Advocating for Myself

To help fill out the box on the next page, here are some questions about **advocating for myself**:

- Who are the people who help me now?
- Who can help after I leave school after graduation?
- How do I share my words, needs, likes, and dislikes?
- What do I want people to know about me?
- What do people need to know about me?
- What supports and resources I use in school now?
- What supports and resources do I need to be successful?

Things to consider about **advocacy**:

- Guardianship
- Independence
- Legal services
- Interpersonal
- Health care
- Transportation
- Living arrangements
- Employment

Thinking about my future, I want to explore these things now ...

- This space is where I can write down some action items or tasks that support my ideas and my thinking about **advocating for myself**. These could be things to do, things to try, people to talk to, and people who may be able to help in this area.

Advocating for Myself



Thinking about my future, I want to explore these things now ...

My Plans for My Future

Transition Plan Summary

Things to consider about **my vision and goals**:

- Goals should include specific actionable information such as
 - **Who** will help me
 - **What** is my goal
 - **When** will my goal be done
- Some goals may be short-term goals, and some goals may be long-term goals.
 - What is my vision?
 - What are my next steps?
 - Who is going to help me?

Thinking about my future – Transition Plan Summary

- This space is where I can write down **my vision, my next steps, and who can help me.**

My Plans for My Future

Transition Plan Summary

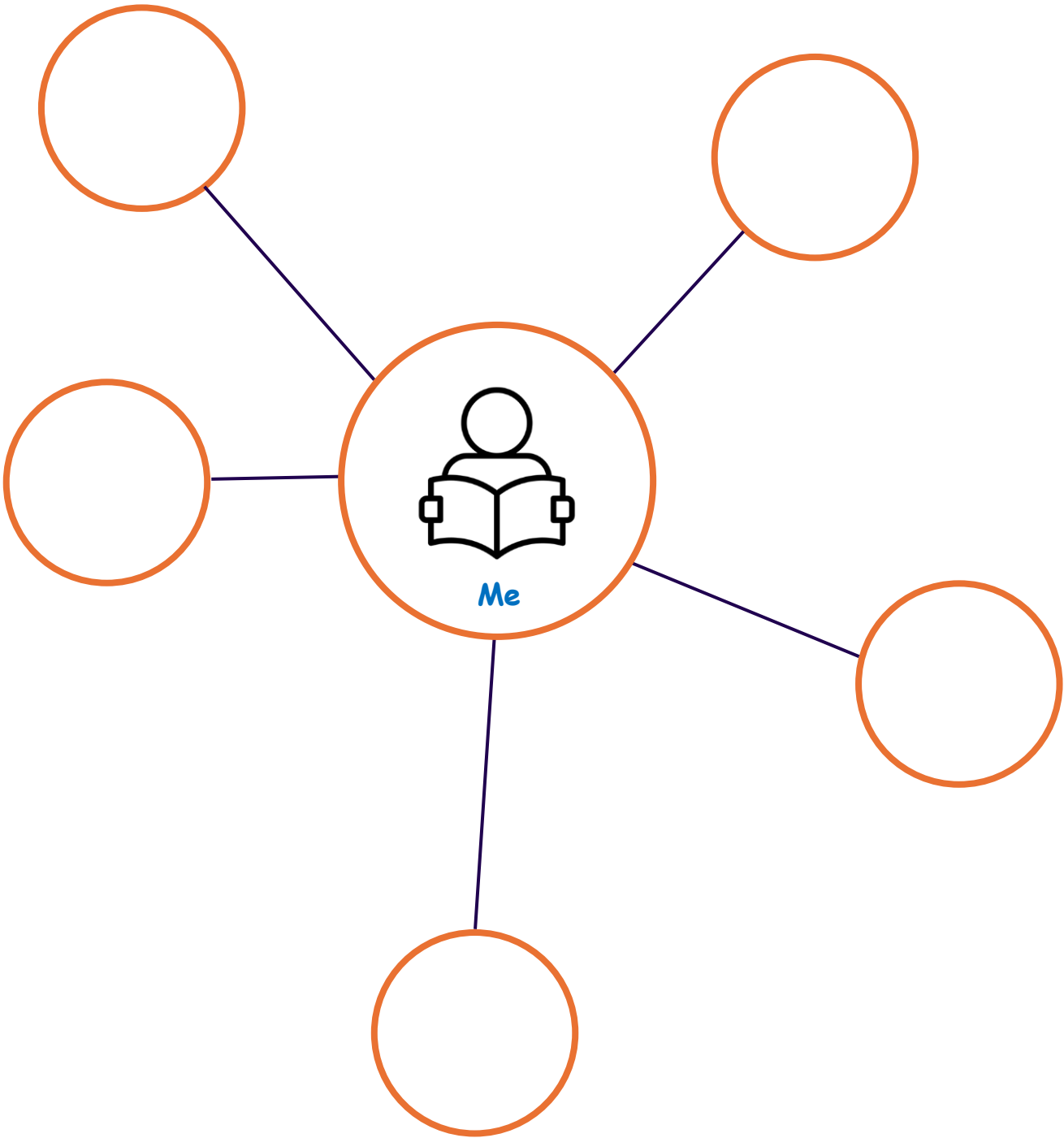


What is my vision?

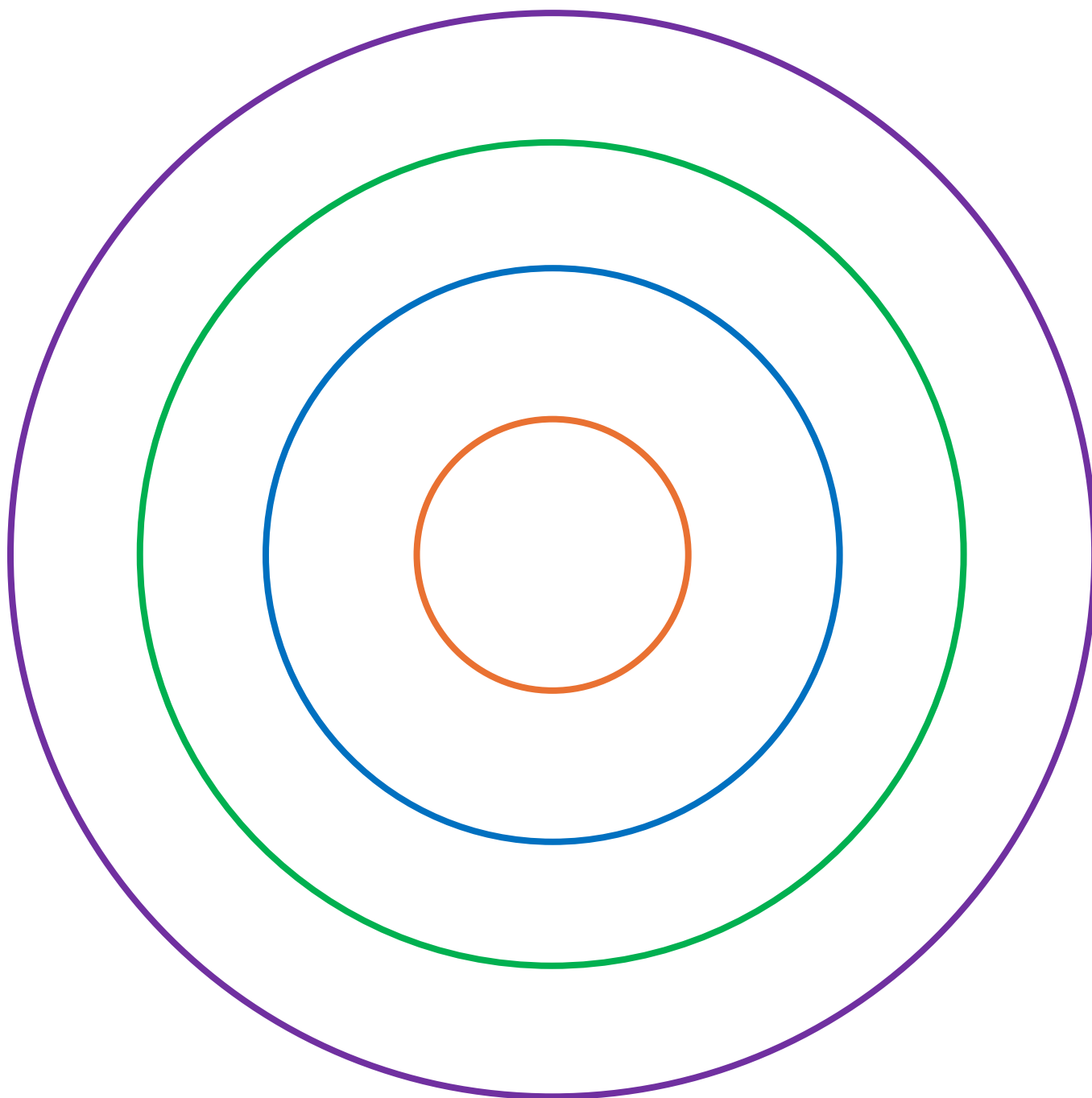
What are my next steps?

Who is going to help me?

Support Network



Support Network



- The people close to me
- My friends
- The people I met at associations, groups, work, activities
- The people and services I count on

Support Network

