

PLANNING FOR ADULT LIFE

## IT'S TIME TO TRAVEL

ROADMAP TO TRANSITION:
MUST-ANSWER QUESTIONS AS YOUR
CHILD TRANSITIONS FROM
SCHOOL TO ADULTHOOD



### **Getting Started**

Planning is at the center of everything necessary for transitioning to adult life. It is vital to connect with support networks to create a picture of what you want your life to look like. This guide is to help you as you are going through the planning process of moving from school to adult life.



### **Being A Part of Your Community Is Important!**

A community is a group of people who live in the same area, such as your city or neighborhood, and have things in common. Part of planning is to know what's in your community. Here are some things to discuss with your student. Record their answers and discuss them with your team:

- How would you describe your community?
- Where are some of your favorite places to go in your community?
- What are some of the activities in your community that you enjoy?
- Where in your community can you volunteer?
- Where in your community can you work?
- Who in your community can support you if you need help?

- Where in your community can you travel on a bus?
- Where in your community can you travel on a train?
- Where in your community can you travel on a plane?
- Where in your community can you shop for food?
- Where in your community do you shop for clothing?
- Where in your community can you go to learn new things?
- Where in your community can you meet up with your friends?
- Where in your community can you go to meet new people?
- Where in your community can you go to save money?
- Where in your community would you go to the movies?
- Where in your community would you go if you were sick?
- Where in your community do you like to go out to eat?
- Where in your community do you like to go relax?
- Where in your community can you go to do something fun?
- Where in your community can you go for emergencies?
- Where in your community would you like to live?
- Where in your community can you go to exercise?

# Use This Strategy: Get a Team Get Information Get A Plan Get Going Get Feedback

### Things to do now:

- Put the information that you thought was interesting in your student's portfolio.
- Discuss what you found valuable with your team and think about what needs to take place next.
- List the questions you still have and find out how to get more information.
- Go to www.PlanningForAdultLife.org for more information.



Developed by Planning For Adult Life Program

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- How would you describe your community?
- Where are some of your favorite places to go in your community?
- What are some of the activities in your community that you enjoy?
- Do your friends live in your community?
- · Where in your community can you volunteer?
- Where in your community can you work?
- Who in your community can support you?
- How do you travel in your community?
- Where do you like to shop for food in your community?
- Where do you like to shop for clothing in your community?
- Where in your community can you go to learn new things?
- Where in your community would you go to the movies?
- Where in your community would you go if you were sick?
- Where do you like to go out to eat in your community?
- Where do you like to relax in your community?
- Where in your community would you go to get an adult identification card?
- · Where in your community can you go to do something fun?
- Where are places you can go for emergencies?

Where are places in your community where people live?

- What do you want to do after high school?
- what kind of job do you see yourself doing?
- Do you see yourself living independently?
- Where do you go or what do you do to relax?
- Who are the people that help you solve problems or support you?
- What are your goals?
- What kind of help will you need to reach your goals?
- Who are the people whom you would like to support you to reach your goals
- Who can help you make a plan to reach your goals?
- Who are your friends?
- How are you going to see your friends when you are finished with school?
- Do you know how to start a conversation with someone you don't know?
- Do you know how to make a new friend?
- What is important to do in order to keep your friends?
- Do you know when it is important to speak up for yourself?



- What do you need to know about the job you want?
- What kind of skills do you need to know in order to qualify for this job?
- What kind of support do you need to get the job you want?
- Can you fill out a job application?
- Do you know how to prepare for a job interview?
- Do you know what services are available to help you get a job? (DVR or One-Stop Centers)
- Do you want to go to college or trade school?
- Do you know why you want to go to college or trade school?
- What colleges or trade schools would you like to visit?
- What questions would you like to be answered by visiting a college or trade school?
- What is the process to apply for college or trade school?
- How do you plan to pay for college or trade school?
- What activities would you like to participate in at school?
- Whom do you like to go to if you are unhappy?
- What kind of things make you unhappy?
- Do you have a budget?
- · Do you know how to manage a bank account?
- What do you keep in your important papers like your birth certificate?

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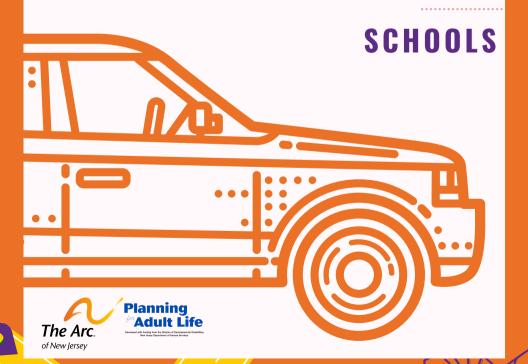




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