

# Journey to Adulthood: School

There are many activities you can do during secondary school to help with the transition out of school and into community.

Below are a few ideas to consider throughout your high school years.



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## 1. Start Early

It's never too early to think about life after secondary school is completed. By planning 10 years ahead you can start transition planning in grade 3 or 4.

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## 6. Connect

Age 15+  
Discuss options for community engagement while still in school. This might include a Co-Op placement, volunteering, or community activities/programs.



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## 7. Explore

Ages 15+  
Make time to actually explore your options. Visit college and/or university campuses as well as the community around them. Job shadow someone who works in a job you'd like to try. Visit community programs. Identify what your options are and check them out to see which options are a good fit for you.



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## 2. Make Lists

Start before age 14  
Ensure independent living and postsecondary life goals are included in school IEP transition plan. Review annually.



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## 5. Check Your Path

Approximately grade 9  
Post Secondary may include college, university, trades, apprenticeships, jobs, community program or staying in secondary to age of 21. Make sure your high school certificate program is in line with your overall post-secondary goal.



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## 8. Financial Supports

Age 16+  
Search for financial support (bursaries, scholarships, grants, etc.) for post secondary education. Also review government supports (DSO, ODSP, etc.) for community supports. Note deadlines for applications.



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## 3. Accommodations and Supports

Start before age 14  
Maintain a list of supports that help you succeed in school. Include people as well as accommodations. Note supports you would like to add. Share this list with others as is appropriate.



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## 4. Identify Activities

Start before age 14  
Identify and take part in school activities to develop friendships (that exist outside of school), and to help build independent living, self advocacy, and job skills.



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## 9. Embrace the Future

Constantly be reviewing your goals. Aim to reach graduation with a plan in place for tomorrow, and a goal in mind for your next ten years. Then move forward with purpose!

