

Transition Planning Resource List

These resources may be helpful during the transition to life after high school. You can fill out transition-related templates, start your job search, and learn about disability protections.

Transition Checklists and Templates

[Planning for the Future Checklist](#)

This checklist outlines the actions you can take to prepare for life after high school in areas such as education and training, employment, and community living, starting at age 14. You can bring this to meetings with your school and/or agency supporters to talk about your progress and how to best plan for your future.

[My IEP Owner's Manual](#)

The PACER Center provides this printable guide, which walks you through parts of the transition planning and IEP process. It helps you outline measurable postsecondary goals, lists potential transition services, provides an IEP meeting checklist, and more.

[Summary of Performance Template](#)

The Summary of Performance (SOP) — which is required under federal law for students who have IEPs — summarizes your present levels of performance and essential accommodations. The SOP is important in assisting you in the transition from high school to higher education, training, and/or employment. You can fill out this template and share it with your IEP team.

College Documentation Process

[Association on Higher Education and Disability](#)

This page has guidance on the documentation practices that many colleges follow in order for students to receive academic accommodations.

[7 Things to Know About College Disability Services](#)

This resource from Understood.org is mainly geared toward parents. It provides seven main points in understanding college disability services and how they differ from high school accommodations.

[Students with Disabilities Preparing for Postsecondary Education](#)

The U.S. Department of Education provides a Q&A to help students understand their rights and responsibilities going into the college accommodation and documentation process.

Job Exploration and Employment Preparation

[CareerOneStop](#)

CareerOneStop is a job search website where you can explore careers (including career clusters), find job training, set career goals, and self-assess your skills.

[National Technical Assistance Center on Transition \(NTACT\)](#)

NTACT provides information, tools, and support services for youth with disabilities who are in higher education or out of school. NTACT is a resource where you can learn more about Pre-Employment Transition Services (Pre-ETS). Pre-ETS are available for individuals with disabilities ages 14–21. They provide assistance in areas such as workplace training, job exploration, postsecondary education advising, and more. The information on this website is free, but users must create a log-in.

[U.S. Department of Education’s Rehabilitation Services Administration \(RSA\) — List of State Vocational Rehabilitation Agencies](#)

The Vocational Rehabilitation (VR) program provides services to individuals with disabilities, including pre-employment transition services, to help them prepare for, secure, regain, or retain employment. This resource allows you to find contact information for your state’s VR agency and connect with a state liaison for further assistance.

[Order of Selection in Vocational Rehabilitation Agencies](#)

Due to limited resources, state Vocational Rehabilitation (VR) agencies do not always have the capacity to serve everyone who is eligible for VR services. Learn more about the “order of selection” to see who is prioritized in receiving assistance from VR agencies.

[Job Accommodation Network: A to Z of Disabilities and Accommodations](#)

The Job Accommodation Network (JAN) is a comprehensive resource related to disability employment and accommodations. This A to Z guide is a good starting point in your transition to the workforce if you’re seeking accommodations as an employee.

Understanding Disability Laws

[Individuals with Disabilities Education Act](#)

The Individuals with Disabilities Education Act (IDEA) is the primary education law that requires public schools to provide all students with disabilities a free appropriate public education (FAPE). Understanding IDEA is important because it does not apply to postsecondary education settings. Some protections you had in K–12 education will be different after graduation.

[Americans with Disabilities Act and Section 504](#)

The Americans with Disabilities Act (ADA) and Section 504 of the Rehabilitation Act are civil rights laws that prohibit discrimination based on disability. The ADA prohibits discrimination in all aspects of public life, including employment (e.g., it protects individuals with disabilities from job discrimination). Section 504 prohibits discrimination in any programs or activities that receive, including postsecondary education (e.g., it provides students with disabilities eligibility for accommodations in colleges and universities.)

Federal Agencies Responsible for Upholding Disability Rights

[U.S. Equal Employment Opportunity Commission \(EEOC\)](#)

The U.S. Equal Employment Opportunity Commission is a federal agency responsible for enforcing disability discrimination laws. This [list of EEOC resources](#) offers an in-depth understanding of the complex issues surrounding disability-based discrimination.

[Office of Disability Employment Policy \(ODEP\)](#)

Within the Department of Labor, the Office of Disability Employment Policy promotes and coordinates with employers and all levels of government to increase workplace success for people with disabilities. If you're curious about your ADA rights, assistive technology at work, or workplace inclusion initiatives, explore the ODEP-provided resources.

[Department of Justice \(DOJ\) — Disability Rights Division](#)

The Disability Rights Division of the DOJ enforces disability discrimination laws with respect to state and local government employers. If you feel that you've been discriminated against because of your disability in employment, you can talk to an ADA specialist at the DOJ.