

My Plan for Life after High School.

Name: _____ Date _____

Please check every **true** statement: There is no right or wrong answer.

After I leave high school, I plan to

Go to Work

- I know what kind of work I want to do. I want to work as a _____.
- I know where I want to work. I want to work at _____.
- I want to have my own business.
- I have learned about jobs by visiting businesses and watching workers.
- I have learned about careers by reading about them and watching videos.
- I have a job.
- I have volunteered or worked on community projects.
- I know how to apply for a job.
- I know I can get help to get a job after I graduate from high school.
- I have taken classes in high school that will help me get a job.
- I have participated in training in the community.
- I know how to use a computer.
- I need to learn more about jobs I think are interesting.
- I need work experience.
- I need to take classes that will help me get the job I want.

Go to School and complete education and training.

- I know what college or program I want to attend. I plan to enroll at _____.
- I plan to earn a certificate so I can _____.
- I have taken a college class.
- I have applied to enroll in the program.
- I have taken the placement tests.
- I have applied for financial aid.
- I know how to study.
- I need to find out more about education and training programs.

I plan to advocate for my self at work, at school and in the community.

- I know what accommodations I need to be successful at work and in the classroom.
- I know how to ask for accommodations.
- I know what my disability is and I can describe it to teachers and counselors.
- I participate in my IEP and share my plans.
- I can explain why I need accommodations.

I plan to Live: **On my own** **With roommates** **With my family.**

- I know how to make friends.
- I know how to avoid being bullied or bullying other people.
- I can introduce myself.
- I have hobbies.
- I know how to cook basic meals.
- I know how to purchase items.
- I have a bank account and can pay for things.
- I know how to budget so I have enough money for the whole month.
- I have a driver's license.
- I have a DMV ID card
- I have medical insurance.
- I can fill out forms independently.
- I know how to use the internet to find information.
- I know how to dress neatly.
- I have basic good grooming habits.
- I know how to manage my behavior.
- I know how to find my way around the community.
- I know how to ask for help.

These are other things I need help with as I get ready to leave high school:

- 1.
- 2.
- 3.
- 4.