



My Transition Planning Questionnaire: Planning for Life After High School

This worksheet helps you think about your future. There are no right or wrong answers. Take your time!

Name: _____

Date: _____

People Helping Me Today:

My Future Goals

What would you like your life to look like after high school?

Learning

- Take a course
- Join a training program
- Keep learning new skills
- Not sure yet

What interests you?

Work

- Get a paid job
- Volunteer
- Try co-op or job training
- Not sure yet



What kind of work sounds interesting?

Living

- Live with family
- Live with roommates
- Live on my own
- Not sure yet

What is important to you about where you live?

Social Life & Community

- Make new friends
- Join a club or team
- Volunteer in my community
- Spend more time in community spaces

What activities do you enjoy?



Strengths & Skills

My Strengths

What am I good at?

- Talking to people
- Following routines
- Using technology
- Helping others
- Staying organized
- Working with my hands
- Being creative

Other strengths:

How can these strengths help me reach my goals?

Skills I Want to Build

What skills do I still need to work on?

- Managing money
- Using public transportation
- Cooking meals
- Managing emotions
- Asking for help
- Time management
- Personal care



Other skills:

Which skills are most important right now?

1.

2.

3.

Challenges & Supports

Challenges

Are there things that might make my goals harder to reach?

- Reading or writing
- Understanding instructions
- Anxiety or big emotions
- Physical health needs
- Communication challenges
- Transportation

What helps me succeed?

- Visual schedules
- Extra time
- Quiet spaces
- Support person
- Technology
- Clear step-by-step instructions



Other supports that help:

What challenges can I improve by learning and practicing new skills?

What challenges may need changes to my environment? (For example: modified schedule, assistive technology, extra support)

My Support Team

Who can help me build my skills?

- Parent/Caregiver
- Teacher
- EA
- Job Coach
- Community Agency
- Friend or Mentor
- Medical Support

How will I ask for help if I need it?



My Action Plan

My main goal for this year:

Three steps I will take:

- 1.
- 2.
- 3.

When will we review my progress?