□ Open a checking and/or savings account.

□ Begin developing a resume and obtaining letters of recommendation.

**AGES 18-22**

□ Explore free information and resources available from the Job Accommodation Network (JAN) — askjan.org.

□ Explore independent living options, such as apartments, house, group home, etc.

□ If you are receiving benefits through Social Security Administration, such as SSI or SSDI, do what is necessary for redetermination as an adult.

□ Males must register for selective service.

□ Visit www.sss.gov for more information.

□ Meet with your VR/VS counselor in the spring of your last year of high school to finalize your post-high school plans.

□ Remember that DRS can assist eligible individuals with post-high school training, job placement, and other services necessary for a successful competitive integrated employment outcome.

□ Begin post-high school training or education toward your career.

Dream BIG

School-to-Work Transition Checklist

DRS
Oklahoma Department of Rehabilitation Services
www.okdrs.gov

OKLAHOMA WORKS
oklahomaworks.gov

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Ages 14-15

- Become self-determined by learning about your disability, including your strengths and accommodation needs, including assistive technology.
- Participate in transition planning by preparing for and attending your scheduled meetings, especially your IEP meetings.
- Discuss with your teacher(s) that you would like to learn to lead your own IEP meetings, and then begin to take the lead in your meetings.
- Gather as much information as you can about future needs (e.g., transportation, medical, housing) www.okrs.gov/publications/trans-folder.pdf.
- Work with teachers and parents to prepare for driving by reading the study guide, taking online sample tests, and doing driving simulations.
- Go get your state ID and/or driving permit.
- Research careers and what it takes to get that job (e.g., training, certificate, degree, physical ability).
- Research information about In-Demand Jobs in Oklahoma: www.ok.gov/oesc
- Think about the career you want and set goals for how to reach it.
- Discuss your future, goals and independence with your parents and teachers.
- Discuss high school completion options by age 14 and their impact on training and employment after you graduate.

Ages 16-17

- Participate in your transition planning by preparing for and attending your scheduled meetings, especially your IEP meetings.
- Invite Vocational Rehabilitation (VR) and other agency representatives who may participate in post-high school planning to your meetings.
- Apply for DRS Services to assist you with meeting your post-high school needs and goals.
- Discuss with your parents and teachers what you will need to do to work in your career of choice. Further explore your career, and find experiences to help you better prepare.
- Explore careers, gain job training and work experience.
- Discuss future training and education options.
- If college is your chosen path, begin taking the ACT or SAT for college entrance. Also, in your junior or senior year, submit all of the financial aid applications and documents if you have not done so already.