

Transition Plan

Life/Work Transitioning

Name	_____	Year of Graduation	_____
Address	_____	School	_____
Phone Number	_____	Parent/Guardian	_____
Date	_____	Grade Level	_____

Goals for achievement

A. Set goals and plan action:

List your top three reasons why work is important. (See 2.E.3)

List your top three learning styles. (See 3.H.1)

List your top five skills. (See 1.A.2 and 4.K.1)

List your top five interests. (See 1.A.2)



List your top five values. (See 1.A.2)

Transitioning

List the top two areas in which you prefer to work. (See 2.D.2)

List some qualities that reflect your personal temperament. (See 1.A.2)

List three behaviours/attitudes that you displayed in completing a successful activity. (See 1.A.4)

List short-term goals related to school (e.g., course selection for Grade 12, academic performance, participation in extra-curricular activities related to future goals, attendance, applications for post-secondary institutions). (See 3.H.4)

(Post-secondary applications should include a backup plan.)

Transition Plan (3)

Plan 1: Three-year–post-secondary training/work plan. (See 3.J.2)

	Year 1	Year 2	Year 3
Program/Work			
Location			
Expenses			
Living accommodations and food expenses			
Tuition fees/ occupational expenses			
Miscellaneous expenses (health care, clothing, communications, etc.)			
Transportation costs			
Total expenses			
Income			
Sources of income			
Total income			
Difference: Total income – total expenses =			

Transition Plan (4)

Plan 2: An alternative plan or backup plan if Plan 1 doesn't work. This may be the result of changes in the economy, the labour market, personal circumstances, or personal choice. (See 3.J.2)

	Year 1	Year 2	Year 3
Program/Work			
Location			
Expenses			
Living accommodations and food expenses			
Tuition fees/ occupational expenses			
Miscellaneous expenses (health care, clothing, communications, etc.)			
Transportation costs			
Total expenses			
Income			
Sources of income			
Total income			
Difference: Total income – total expenses =			

Transition Plan (5)

This plan should be reviewed regularly and revised as needed. Teachers instructing this course should share the student's Transition Plan with parents/guardians and request their signatures and comments. The school should save a copy of this document for the student's file and the student should retain the original in his or her portfolio.

Parent/Guardian Signature

Date

Student Signature

Date

Student Comments:

Parent/Guardian Comments: