

Middle School Transition Checklist

Here is a checklist to help you get started. This list is just a beginning, so there's no doubt you will have many more questions and need more information. Continue to look at this checklist regularly with your parents, counselor, and transition team.

- o Learn about your disability and learning challenges and be able to talk about it.
- o Attend, participate in and/or lead your Individualized Education Program (IEP) meeting.
- o Explore different strategies to figure out the best way for you to learn (i.e., hearing, seeing, doing, moving around, sitting quietly, writing things down, using a computer or an app, etc.).
- o Know the accommodations you need and use to support your learning in classes and on assignments (i.e., extended time for tests or assignments, tests in a quiet area, use of calculator, etc.).
- o Participate in the Career Development and Educational Development Plan (EDP) process by the end of eighth grade.
- o Visit the high school you will be attending.
- o Learn about the requirements for a diploma and graduation in your school district.
- o Work with your IEP team, including your parents to determine if working toward a high school diploma is the right path (course of study) for you.
- o Have a system to organize your classes and school work that works for you.
- o Learn to talk about your interests, preferences, strengths, and challenges/needs.
- o Practice independent living skills – take care of your laundry, use an alarm to get yourself up in the morning, learn to cook, and help with home chores.
- o Volunteer or join a club/organization. It will help you explore your career interests and get pre-work experiences.