

# Career Readiness - Post Secondary Transition Planning



## Self-Discovery & Future Planning

Support students in identifying their strengths, interests, learning profiles, and values to guide meaningful post-secondary goals in education, employment, and independent living.

## Executive Function & Independence Skills

Build the organization, time management, task initiation, self-monitoring, and problem-solving skills needed to successfully manage post-secondary environments with increasing independence.

## Self-Advocacy & Systems Navigation

Teach students how to understand their disability, communicate their needs, request accommodations, and navigate systems such as college disability services, vocational programs, and workplaces.

## Real-World Readiness & Life Skills

Develop practical skills for adult life including career exploration, workplace readiness, financial literacy, transportation planning, daily living skills, and community engagement.

## How to Prepare for Your Session

To make the most of your transition coaching session, come ready to share your goals, questions, and ideas about your future.