The Transition Starter Kit

Four printable pages for teachers and families supporting a young person, ages 14 to 22, on the road to adult life.

By Barb Beck, M.Ed., transition specialist with 30+ years in special education, author of My Keys to the Future and founder of MyKey Plans.

Inside

1. Write a measurable postsecondary goal (formula and examples)
2. The Indicator 13 checklist: 8 things every transition IEP needs
3. Questions families can bring to the transition IEP meeting
4. Start with the student's voice: a one-page interview

A note from Barb: This kit is a map, not legal advice. Federal law requires transition planning no later than the first IEP in effect when a student turns 16, and many states start at 14 or 15. Check your state's rules.

1. Write a measurable postsecondary goal

A postsecondary goal says what the student will do **after** high school, in words you could check off later. IDEA asks for goals in education or training, employment and, where appropriate, independent living, based on age-appropriate transition assessments.

The formula

After high school, the student will [do something you can see] [where or how].

Examples you can adapt

Area	Example
Education or training	After graduation, Student A will enroll in a culinary certificate program at a community college.
Employment	Within one year of leaving school, Student A will work part time at a grocery store, with support from a job coach as needed.
Independent living	After high school, Student A will ride the city bus on their own to work and community activities.
Not measurable	"Will explore careers." "Will be as independent as possible." Those are wishes, not goals.

Try it this week

1. Ask the student what they want for learning, work and living after high school. 2. Run one quick transition assessment. 3. Write one goal per area and read it aloud together: is it theirs?

2. The Indicator 13 checklist

States review transition IEPs against these eight items. Check each one and note where the evidence lives.

#	Item	Met?
1	Measurable postsecondary goals for education or training, employment, and independent living where appropriate	
2	Postsecondary goals updated every year	
3	Goals based on age-appropriate transition assessment	
4	Transition services that will reasonably help the student reach each goal	
5	A course of study that leads toward the goals	
6	Annual IEP goals tied to the student's transition service needs	
7	The student was invited to the IEP meeting where transition was discussed	
8	An agency representative was invited when appropriate, with consent of the parent or the adult student	

Free for teachers: MyKey Transition IEP Prep (iep.mykeyplans.com) builds the plan step by step, checks all 8 items with IDEA citations and prints a student-led meeting agenda. Students are always "Student A," so no student data is stored.

3. Questions families can bring

Start with your child's dreams. Your voice belongs at the table, and so does theirs.

Ask the IEP team
What transition assessments did you use, and what did they show about my child's strengths and interests?
What are my child's goals for after high school, and did my child help write them?
What services and classes will help reach each goal this year?
When will we invite vocational rehabilitation or other adult agencies?
When will we talk about turning 18, rights and decision-making?

For families: My LaunchPad ($14.99 one time, no monthly bill) organizes IEPs, transition, adult services, housing, benefits and the hard conversations, from early childhood through adulthood: mykeyplans.com/my-launchpad. Your first 15-minute call with Barb is free: calendly.com/barbbeck

4. Start with the student's voice

Ask these questions and write down the student's own words. The best goals start here.

Question	In my own words
What do I love to do?	
What am I really good at?	
What job would I like to try?	
Where do I want to live someday?	
What helps me learn best?	
Who helps me?	

Want more? Try a free guided sample of My Keys to the Future, the student-led transition curriculum, at mykeyplans.com/try-my-keys. Read new guides for teachers and families every week at mykeyplans.com/blog.