

*Monthly tips and resources featured in **What's Next?** are created for young adults, their families, and supporters who are exploring options for life after high school in Indiana.*

Ready for the Transition IEP Meeting?

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Planning your transition from high school to adulthood helps you decide what you want to do after high school and what services and supports you may need.

At the heart of the transition process is the Transition Individualized Education Program (IEP), which consists of four important pieces: transition assessments, postsecondary goals, transition services and activities, and annual goals. Its purpose is to help students prepare for the transition to adulthood.

Give room for self-advocacy

Transition to adulthood is a time for you to advocate for your interests, preferences, and support needs. Your participation in the Transition IEP process is key to preparing for the life you want following high school. You should be invited to participate in your IEP meetings starting at age 14 in Indiana. These annual meetings present an opportunity for you to lead the conversation about your future and engage in planning to help you achieve your goals.

Note to Parents: It is okay to advocate for your child, but don't speak *for* them. If your child has a different vision of the future than you have, embrace it. It's okay to have concerns, but remember, the child's needs and desires should be the focus of the IEP, not yours. They need your support to realize their aspirations of independence, and the Transition IEP conference presents a good opportunity to flex those self-advocacy muscles!

Preparing for a Transition IEP meeting

Throughout the year, ask your teacher of record about any transition assessments that you completed. These are a required part of the Transition IEP and should be given each year. What you learn from them will inform your postsecondary goals. You can also include any additional information that you feel would be helpful in planning your IEP, such as evaluations or a therapist's recommendations.

An effective Transition IEP outlines the education, services, and supports required to help the student achieve their postsecondary goals. As you prepare for the meeting, reflect on your interests and preferred activities. For instance, where do you want to live as an adult? What kind of job do you want? It is useful to consider common questions like these beforehand since the postsecondary goals and transition services and activities set in the IEP meeting will hinge on these answers. It is okay to bring goals to the meeting that you'd like included in your IEP.

Members of the Transition IEP team

You can invite anyone to the Transition IEP meeting. In addition to the required members of student, parent or guardian, teacher of record, and local education agency (LEA) representatives, consider inviting others who can add information beneficial to transition, such as:

- school counselor or psychologist;
- a friend that can facilitate communication;
- a job coach; or
- a representative from an adult service provider such as Vocational Rehabilitation.

The big day

If the IEP location or time does not meet your needs, ask if it can be moved or rescheduled. During the meeting, if new team members are present, they should introduce themselves and clarify their role. Ask the school to share or project the IEP if necessary so everyone can see changes made in real time.

If there are differences between the school's postsecondary goal suggestions, graduation pathway, transition services, and what you had expected, ask to discuss the difference. This will allow everyone to understand and ensure that the goals, services and supports reflect your needs and interests.

Thinking about what life will be like after high school is exciting—it can also be daunting. If crafted well, the Transition IEP will help you to succeed.

Resources

- [Pacer-Transition IEP checklist](#)
- [Navigating the Course: Finding Your Way Through Indiana's Special Education Rules](#)

What's Next? is a project of the Center on Community Living and Careers and the Indiana Department of Education.

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