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Transition means moving from childhood to young adulthood and from school to adult life.

This is the time to think about the future. What are you good at? What do you enjoy? Can those things be made into a skill that can lead to a future job? Continue to set goals and partner with your school and providers. Explore academic options and continue to advocate. Understand educational supports and modification. Continue to gain skills around communication. For some young people, life skills can support where they want to go for future employment. Consider formally accessing pre-employment and transition services..

There are many things to think about and do to prepare for this change. Transition is a point in time filled with change, growth, excitement, and sometimes fear and confusion. It is helpful to explore life experiences to have and questions to ask

during this transformative life stage.

For more information check out [Best Practices for Transitioning Students/Transferring Records](#).

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