

Name _____

Date _____

Getting from Here to There!

What's this all about? The questions in this worksheet can help you think about the dreams you have for yourself after high school. You can fill this out yourself, someone can ask you the questions and write down your answers, or you can work on it with a teacher, job coach, family or friends.

1. What are some great things about you?

2. What things do you like to do around town? at home? for fun?

3. What are some new things you'd like to do around town? at home? for fun?

4. What makes you happy?

5. What makes you mad or sad or frustrated?

6. Are you currently working? Yes No
7. How's your job: Yes No

Is it the kind of job you like?	<input type="checkbox"/>	<input type="checkbox"/>
Are the hours and days okay?	<input type="checkbox"/>	<input type="checkbox"/>
Do you get the support you need?	<input type="checkbox"/>	<input type="checkbox"/>
Does the pay cover your bills?	<input type="checkbox"/>	<input type="checkbox"/>
How do you get along with people at work?	<input type="checkbox"/> great	<input type="checkbox"/> okay <input type="checkbox"/> not very well

When you think about your job (Check the one that shows how you feel most of the time.):
 You are glad you got it. It's okay that you got it. You're sorry that you got it.

8. Do you want a job, or a different job than you have now? If so, what kind jobs have you had?

9. What kinds of jobs (or career) interest you?

10. Do you need support getting a job? Are you looking for your first job?

Are you looking for your first job? Yes No

Does it take you a long time to learn a job? Yes No

Do you get social security benefits? Yes NO

Do you need support in things like using money or getting to work? Yes No

Do you need any specialized training or work experience? Yes No

11. How do you live now?

Alone With a roommate With your parents In a group home Other

12. What do you like best about where you live now?

13. What do you see as the biggest difficulties of where you live now?

14. What kinds of support do you need where you live now?

15. Are you living where you want to live and with whom you want to live?

16. If your dreams could come true, where would you like to live and with whom?

17. What are your dreams and hopes for the future?

18. What worries you about your future?

19. What worries or scares those around you (parents, close friends)?

20. If possible, what do you hope to be doing 3-5 years from now?

21. What support would you need to where you want to be?

22. What steps need to be taken to move towards that future goal?

23. Looking at what you wrote on #22, which things would you like to discuss at your transition planning meeting?

24. Who should be at your transition meeting (family, friends, employers, agency representatives) to help you plan?

25. Who helped you work on these worksheets?

<i>Moving towards your desired goals, what do you need, want, or hope will happen over the next 1-3 years?</i>	<i>By what date?</i>	<i>I will.....</i>	<i>Family, friends, as follows, will</i>	<i>Agencies or programs, as follows, can help by...</i>