

Transition to Adulthood: Education after high school (Post-secondary education)



General Information

You may want to be independent as you grow older. Many teens need extra time and help to make the transition from school to post-secondary education.

How can the IEP help?

If you have an Individualized Education Plan (IEP), public schools are required by law to have and carry out a transition plan at age 14. This plan includes activities to help you get ready for life after high school. It is important that you take part in the IEP process.

If your goal is to continue your education after high school, IEP goals and activities should help you:

- Express yourself. This is called self - advocacy.
- Understand your disability and explain your needs. These are called accommodations.
- Understand and take care of your own health.
- Improve reading, writing, math skills needed for education after high school.
- Learn and master skills you will need to live as independently as you can.
- Look at different education options.

If your health condition does not require an IEP, you might have a 504 plan. Your school counselor may be able to help with education after high school.

What are the options?

- 2-year or 4-year colleges with accommodations.
- Technical colleges with support.
- Specialized college programs for students with intellectual disabilities (ID).

Your rights and responsibilities in postsecondary education are very different than in high school. It is important to learn and understand these differences. There will likely be fewer supports provided. There will also be more responsibility put on the student.

Contact the office on campus that provides Academic Disability Support well before you start school. They can help to arrange the accommodations you will need. Use them whenever you need help.

For more information:

- Wisconsin Dept. of Public Instruction's publication *Opening Doors to Postsecondary Education and Training* can be downloaded at <https://dpi.wi.gov/sites/default/files/imce/sped/pdf/tranopndrs.pdf>
- US Department of Education-Office of Civil Rights summary of rights and responsibilities for student with disabilities who attend postsecondary institutions can be found at <http://www.ed.gov/about/offices/list/ocr/transition.html>
- Specialized colleges for youth with intellectual disabilities can be found at <http://www.thinkcollege.net>
- Check with any state or national organizations that support your diagnosis. They may offer grants or scholarships.

If you do not have a computer or internet access, you can use a computer in The Daniel M. Soref Family Resource Center on the first floor of Children's Wisconsin. Your local public library might also have computers.

For other health and wellness information, check out this resource:

<https://kidshealth.org/ChildrensWi/en/parents>

This teaching sheet is meant to help you care for your child. It does not take the place of medical care. Talk with your healthcare provider for diagnosis, treatment, and follow-up.