

What Are YOU Going to Be?

Transition Skills, Tips & Tools
Vocational Training



It is never too early to think of what kind of job you want to do after you finish school. You can then start to explore your interest in this area of work.

Programs to help you with work skills and finding a job include:

- **Division of Rehabilitation Services (DRS)** toll-free at **(800) 843-6154** or (800) 447-6404 (TTY). DRS can help guide you in many ways as you prepare for work or college through:
 - Career planning and counseling
 - Job training (job coaches)
 - Funding for college when it leads to employment
 - On-site support, including transportation
 - Funding for a personal assistant
- **STEP is a program that your school district might have that can be helpful for youth with Individualized Education Programs (IEPs).** This program can help you learn job skills and get job training in your hometown.
- **Fast Track can help with career inventory, introduction to resumes, writing cover letters, and interviewing skills.**

Vocational Training Resources

- Vocational and career training programs may be available through your high school. Ask your IEP team or school counselor.
- Real Work Matters, www.rwm.org/, can help you find vocational schools, trade schools and technical schools in Illinois and other states.
- Illinois WorkNet Centers, www.illinoisworknet.com, may be able to help you with:
 - Writing resumes, learning to interview, job search and disability resources
- Ask your school counselor, healthcare provider, DRS high school liaison, your Division of Specialized Care for Children (DSCC) care coordination team, friends and others for help finding and accessing vocational opportunities in your community.

On the other side of the page is a list of important steps to think about before leaving high school.

Before Leaving High School

Important Steps in Planning for the Transition to Work

- **Find out what your learning style is and what helps you learn best.** Do you learn best by seeing, hearing or doing it hands-on?
- Know your strengths and weaknesses. You can use these helpful worksheets at www.lifecoursetools.com/lifecourse-library/foundational-tools/person-centered/.
- **Explore your career interests and skills.** You can visit the Illinois Career Information System at ilcis.intocareers.org/materials/portal/home.html.
- **Take classes to learn more about your areas of interest and that match your career interests.** This could include vocational classes and training.
- Attend your transition IEP meetings and be ready to answer these questions:
 - Would you like to go to college or tech school?
 - What would you like to study?
 - If you don't want to go to college, what do you plan to do after high school?
 - Where do you want to work? Do you have the skills needed to work there?
 - Where will you live after high school?
 - What do you like to do for fun when you are not in school?
- Be able to explain your disability or health condition and know what supports you may need to live and work in a place of your choice. You may find helpful information at the Job Accommodation Network at askjan.org/ or (800) 526-7234.
- Check out assistive technology tools that could help you do things at work or in the community.
 - Infnitec is the assistive technology program of UCP Seguin of Greater Chicago, https://ucpsequin.org/what-we-do/technology_services/infnitec_coalition.html.
 - Illinois Assistive Technology Program (IATP) provides free information and assistance on assistive technology and other related disability topics, iltech.org/.
- Develop interview skills. Check out PACER's National Parent Center on Transition and Employment's video on 10 Job Interview Tips For (and By) Young People with Disabilities at www.pacer.org/transition/video/player.asp?video=267.

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dsc.uic.edu

