

5 FAST FACTS

Self-Determination and Transition Planning

1

Students need to possess a variety of self-determination skills in order to actively participate in planning their transition from school to adulthood.

4

It is important to collect ongoing assessment data to determine which self-determination skills students have developed and which skills still need to be acquired.

2

Self-determination skills that facilitate engagement in transition planning include understanding one's strengths, preferences, and needs; and being able to set goals, identify steps to meet identified goals, evaluate progress, and adjust plans as needed.

5

Understanding the connection between self-determination and transition planning is important because students who are actively engaged in transition planning are more likely to have improved postschool education and employment success.

3

Educators can help students to develop self-determination skills by systematically teaching these skills across all grade levels.

This fact sheet was developed by the Illinois Center for Transition and Work at the University of Illinois Urbana-Champaign through a contract with the Illinois State Board of Education. Information presented may not reflect the position or policy of the Illinois State Board of Education.

