Transition Resources

SECTION 1 - JOB EXPLORATION

SD My Life
SDMyLife's goal is to help South Dakota students understand how their interests, skills, and knowledge relate to real-world academic and career opportunities. SDMyLife is packed with activities, resources and information to help students in each step along the way. Access to the site does require a login from the school district.

World of Work, Inc (WOWI)
WOWI is used for career decision-making, career exploration, education and training, job placement, and personnel selection. It's a scientifically developed, objective assessment that incorporates 3 dimensions to uncover the optimal career matches.

My Next Move
Search careers with key words; browse careers by industry; and take interest inventories to discover career ideas. This is connected with O*Net Online which has detailed descriptions of the work of work for use by job seekers, workforce development and more!

Career Interest Inventory – Pictorial Version
Learning about yourself is the most important step in your search for a job or career. A Career Interest Inventory helps you relate your interests and abilities to career choices. The following survey will link your career interests to related high school courses.

Employability/Life Skills Assessment
Employability skills are those personal social behaviors and daily living habits that have been identified by employers and young entry-level workers as essential for obtaining employment and for success in the work place. These are life skills that must be taught with the same rigor as basic skills. The development of such skills is a lifelong process, with performance being relative to a student's ability and age.

Community Work Site Student Evaluation
An evaluation of student's behaviors on the job to begin the conversation on what areas the student is excelling in and areas that need work.

Value-Sort Activity
Knowing what we value most in our work, relationships, and other commitments makes it easier to respond to opportunities and conflicts with integrity. The Value Sort is an excellent way to reflect upon what is most important to you personally and it is also a great way to stimulate conversations with peers, colleagues and family members. You can find the cards to print and use here.

Your Free Career Test
They offer student-friendly, free career tests, a free job quiz, and a free volunteer match test. The career tests are helpful for adults of any age as well. We do not require registration to take any of the free career tests or job quiz. An automatic script emails the test result link, so emails and names are not stored in any database.

Holland Code Career Test
This free, 10-minute career test uses the scientific Holland Code model to show you which jobs will suit your interests, talents, and aptitude. Measure your interest level in 6 major job areas and understand how psychologist John Holland's RIASEC model can guide your career planning.

Creating a Career Portfolio
Here is some information that will help with a career portfolio. Use the templates to give the student some ideas of what to include in the community service, career preparation, and achievement sections of their portfolio.

Student Interest Survey for Career Clusters
The Student Interest Survey for Career Clusters is a career guidance tool that allows students to respond to questions and identify the top three Career Clusters of interest based on their responses. This pencil/paper survey takes about fifteen minutes to complete and can be used in the classroom or for presentations with audiences who have an interest in career exploration.

Career Cluster Video Series
Career videos are organized into 16 clusters, or related types of work. Select a category to view a list of videos related to that cluster. Videos include career details such as tasks, work settings, education needed, and more.

Work Importance Profiler
What's important to you in a job? Discover how much you value achievement, independence, recognition, relationships, support, and working conditions on a job. Get a list of jobs that reflect your values.

SD Department of Labor
Information of the current job openings in your area, local labor market information, and a variety of other information and resources.

Hot Careers
To help individual career planners and job seekers identify occupations with the most favorable job outlook from a labor market perspective, the Labor Market Information Center identifies high demand-high wage occupations, or "Hot Careers."

Career Launch SD
A series of resources and lessons developed by the DLR aimed to increase student awareness about career opportunities in their community and help meet South Dakota's demand for a skilled workforce.

Skills to Pay the Bills
"Skills to Pay the Bills: Mastering Soft Skills for Workplace Success," is a curriculum developed by ODEP focused on teaching "soft" or workforce readiness skills to youth, including youth with disabilities. The basic structure of the program is comprised of modular, hands-on, engaging activities that focus on six key skill areas: communication, enthusiasm and attitude, teamwork, networking, problem solving and critical thinking, and professionalism.

[Self-Directed Employment: A Handbook for Transition Teachers and Employment Specialists](#)

This handbook provided step-by-step instructions on how to infuse self-directed employment strategies intro your school transition or agency-supported employment program.

[Community Work Site Student Evaluation](#)

An evaluation of student's behaviors on the job to begin the conversation on what areas the student is excelling in and areas that need improvement. This would be a great tool to help develop transition goals that could be considered for that student's IEP or IPE.

[Employability/Life Skills Assessments](#)

Employability skills are those personal social behaviors and daily living habits that have been identified by employers and young entry-level workers as essential for obtaining employment and for success in the work place. These are life skills that must be taught with the same rigor as basic skills. The development of such skills is a lifelong process, with performance being relative to a student's ability and age.

[My Future](#)

This website helps young adults plan their next steps in life by bringing together the most recently available information about colleges, careers, and military service opportunities from the U.S Departments of Commerce, Defense, Education and Labor. Student's can receive tips on building a resume, filling out college applications, and learning more about military opportunities.

[Transition Assessments](#)

A large variety of assessments that covers topics such as assistive technology and communication, education, employment, independent living, self-determination, social skills, and more.

[Career Conversation Starters](#)

The Career Conversations questions are based on ecosystems theory, counseling theory and an extensive review of counseling and career counseling literature. The questions can be used to work with individuals and groups of students, parents and community members.

[Transition Services Liaison Project](#)

TSLP focuses on improving academic and functional achieve for South Dakota students with disabilities. Information on the website discusses a variety of topics on employment, self-advocacy and post-secondary including Project Skills, Project SEARCH, Youth Leadership Forum and many more great resources.

[South Dakota Benefits Specialist Network](#)

People with disabilities who want to learn about their disability benefits, and who are already working or ready to enter the workforce, can contact a Benefits Specialist to learn about benefits: Medicare, Medicaid, reporting income, and anything else related to working and managing benefits.

[T-Folio](#)

A free digital platform that helps youth complete the items needed for their transition portfolios through a series of interactive exercises and the support of a facilitator.

SECTION 2 - POST-SECONDARY EDUCATION/TRAINING PREP

A Guide to Assessing College Readiness

Landmark College has identified their five "essential foundations" that are necessary for students with learning disabilities and AD/HD to be successful in college. This assessment looks at these foundations which are academic skills, self-understanding, self-advocacy, executive function, and motivation and confidence. This assessment uses a checklist format to identify student strengths and needs.

Going to College – A Resource for Teens with Disabilities

Students can learn how to use their strengths, learning style and interests to set goals for college. They can learn what to expect in college and what professors will expect from them as well as learn tips for good grades, requesting and using accommodations, and using technology.

Advanced Career Technical Education Program

As an organizing tool for curriculum design and instruction, Career Clusters provide the essential knowledge and skills for the 16 Career Clusters and their Career Pathways. It also functions as a useful guide in developing programs of study bridging secondary and postsecondary curriculum and for creating individual student plans of study for a complete range of career options.

SD Dual Credit

Dual credit is an opportunity for South Dakota high school students who meet admissions standards to enroll in public postsecondary institutions in South Dakota and simultaneously earn credits for both their high school diploma and postsecondary degree or certificate.

SD College Readiness Coursework

College readiness courses are intended to assist students in reaching their goal of being fully prepared to enter into the workforce or a postsecondary institution following high school graduation.

TSLP – Post-Secondary Education

Choosing the right college or university is a difficult and time-consuming process for any prospective student. The student's IEP doesn't "follow" them to college or a technical institute, however, laws require virtually all post-secondary institutions make substantial accommodations for students with disabilities. It is important for students with disabilities who plan on attending a college or university to be informed of their rights and responsibilities at the post-secondary level.

Paying for College

Understanding the financial aid process is the first step to meeting your education goals and this link will give guidance to those attending South Dakota post-secondary schools.

Links to many of South Dakota's Universities

Build Dakota & South Dakota's Technical Institutes

Build Dakota is a scholarship program to be awarded to skills scholars entering high-need workforce programs at South Dakota technical institutes.

SECTION 3 – LEARNING STYLES & PERSONALITY PROFILES

C.I.T.E Learning Styles Instrument

The C.I.T.E. Learning Styles Inventory is often used to identify learning styles for adults. The C.I.T.E. (Babich, Burdine, Albright, and Randol, 1976) was formulated at the Murdoch Teachers Center in Wichita, Kansas to help teachers determine the learning styles preferred by their students.
The C.I.T.E. is divided into three main areas: language, visual language, auditory numerical, visual numerical and auditory-visual language.
Scores on the C.I.T.E. Learning Styles Inventory fall into one of three categories: major, minor, and negligible. These categories may be defined as follows:

- Major: The student prefers this mode of learning, feels comfortable with it, and uses it for important (to the student) learning. A student does not necessarily have one and only one preferred style.
- Minor: The student uses this mode but usually as a second choice or in conjunction with other learning styles.
- Negligible: The student prefers not to use this if other choices are available. The student does not feel comfortable with this style.

The Learning Styles Instrument in PDF form can be found here.

Education Planner: Self-Assessments

Use the interactive self-assessments to discover what the student is good at and where they may have room for improvement. Identify the things that interest them and get some ideas about careers to explore.

Comprehensive Study Skills Website

Includes assessments for learning style, test anxiety, procrastination, concentration, motivation, math study skills, social skills, and self-esteem. Each assessment takes about five minutes to complete. They will immediately see their score along with recommendations. Also includes more than 100 practical articles. Topics include good study habits, managing time, reading and taking notes from textbooks, learning styles, preparing for college, study motivation, setting goals, and much more. Everything on the website is also available in Spanish.

Learning Style Inventory

Learn if the student is more of a visual, auditory, or kinesthetic learner. Also provides learning style study strategies to aid in the student's success.

Learning Styles Quiz

HowtoLearn.com is the world's leading site for learning resources. It is a transformational and value-driven company for all learners – parents, teachers, students and those in the workplace.

Learning Styles Inventory: Together We Can

Learn if the student is more of a visual, auditory, or kinesthetic learner. Also provides learning style study strategies to aid in the student's success.

SECTION 4 – STUDY SKILLS

Educational Planner: Which Study Habits Can You Improve?

Before a student can improve their study habits, they have to identify the strengths and weaknesses in their current study habits. Go through the assessment and find ways they can improve their study habits. This website also has other assessments that can help the student learn more about their study habits.

Study Skills Inventory

The College-Level Study Skills Inventory will assist in providing students with immediate feedback on their current approach to college-level study skills. There are six critical study skills college students need to consistently be developing: textbook reading, note taking, memory, test preparation, concentration, and time management. At the conclusion of the inventory, each of these skills will be assessed based on the manner in which the questions were answered.

Study Skills Assessment

The Study Skills Assessment is designed to identify student's academic strengths and weaknesses. Once they have taken the Study Skills Assessment, explore the study skills topics that have been identified as potential weaknesses.

Skill Based Measure for Transition Reading, Math, & Written Expression

A variety of assessments and resources to determine certain skill levels that focus on reading, math, written expression, behaviors, and transition-age academics.

SECTION 5 – STRENGTHS & LIMITATIONS

Find Your Strengths!

This assessment can help the student determine which intelligences are strongest. If you're a teacher or tutor, you can also use it to find out which intelligences your learner uses most often.

Find Your Strengths and Weaknesses

The Richard Step Strengths and Weaknesses Aptitude Test (RSWAT) is a tool to help you get a better look at who you really are and how much you could grow.

Self-Motivation Quiz: How to Motivate Yourself

The Self-Motivation Quiz is all about finding out what makes you tick. What pulls you toward the things you are going for – those top 3 motivating types that make you get going.

Casey Life Skills

Casey Life Skills (CLS) helps you identify the small steps you can take to bring you closer to achieving your dreams. It's a way for you to build your own personal checklist of skills and strengths. It shows you what you know already and what is possible to learn to help you in the future. If your goals revolve around going to school, meeting new friends, living on your own, owning your own car, raising a family, traveling, or getting a job you love, CLS helps you plan for overcoming the challenges that can get in the way of these dreams.

SECTION 6 – SELF-ADVOCACY

Student Self-Determination and Self-Advocacy Skills Questionnaire

This questionnaire was developed to help the student self-identify their level of knowledge and skills related to self-determination and self-advocacy to see growth and continued areas of need.

411 on Disability Disclosure

This workbook is designed for youth and adults working with them to learn about disability disclosure and help them make informed decisions about whether or not to disclose their disability and understand by considering how that decision may impact their education, employment, and social lives.

Self-Advocacy Guide for Teens with Disabilities

A series of activities that a student can complete to discover more about their learning preferences, facts about their disability, accommodations available, and how to advocate for those accommodations.

AIR Self-Determination Assessments

The AIR Self-Determination scale:
- produces a profile of the student's level of self-determination
- identifies areas of strength and areas needing improvement
- identifies specific educational goals that can be incorporated into the student's IEP

I'm Determined!

The I'm Determined project focuses on providing direct instruction, models, and opportunities to practice skills associated with self-determined behavior. The website has great information and templates to use to help facilitate youth, especially those with disabilities to undertake a measure of control in their lives, helping to set and steer the course rather than remaining the silent passenger.

Self-Advocates Becoming Empowered

The Self Advocacy Startup Toolkit has many sections called tools to help you start your own self advocacy group. Each tool will have important information with an activity at the end. You can do each activity on your own or together in a group.

iTransition South Dakota

An app/website for students with disabilities on an IEP, which was created by Disability Rights South Dakota. iTransition can assist with producing a draft transition plan based on answers provided to help develop a road map to adult life after high school.

Job Accommodation Network (JAN)

JAN provides free consulting services for all individuals, regardless of employment status. Services include one-on-one consultation about all aspects of job accommodations, including the accommodation process, accommodation ideas, product vendors, referral to other resources, and ADA compliance assistance.

Personal Preferences Indicator

Here is a guide to accessing information about the person's preference on a variety of topics.

SECTION 7 – LIFE SKILLS

Life Skills Inventory: Independent Living Skills Assessment Tool

This inventory could assist parents, student, teachers, and transition specialists in creating a transition plan according to the student's capability. The style of the inventory is easy to follow, and the student could perhaps evaluate themselves on certain tasks along with another person conducting the inventory.

QuickBook of Transition Assessments

This guide will provide technical assistance to schools and/or agencies that provide special education and related services to youth with disabilities. It is helpful to think in terms of what your student's peers are doing at this age, how they are dreaming and planning for their lives after high school, and then attempt to help students with disabilities seek out activities to help them look at their dreams and goals as well. Just like students without disabilities, students with disabilities, now have many options to explore and many adult service providers to choose who they may receive services from.

HealthSmart

HealthSmart is ETR's comprehensive K–12 health education program. It gives children and youth the knowledge and skills to make healthy choices and establish life-long healthy behaviors.

Determining the Need for Independent Living Postsecondary Goal(s)

This form is designed to help the IEP team decide if a student needs a postsecondary goal in the area of independent living. Independent living includes the skills and knowledge an individual needs to direct his or her life at home and in the community.

Transitioning to Independence: How Ready Are You?

Young people can take care of their own health conditions or disabilities in a variety of ways. This assessment will help them build the skills they need to make a successful transition to adult care and independent living.

Make Money Choices

Forming a budget is one of the most important parts of financial success. As you first enter the workforce, or even if you switch jobs, knowing how much money you will have available to spend on different aspects of your life will help you avoid debt & possibly even save some money for a rainy day.

TSLP – Independent Living Resources

As teens approach adulthood, living independently becomes a significant goal. Independent living skills or tasks are those related to daily living, and may include housing, personal care, transportation, and social and/or recreational opportunities.

Healthcare Transition

Transitioning from childhood to adulthood is exciting and challenging—both as a young person and as a parent of a young person. Preparing for health care transition often receives less attention than preparing for other transitions in school, work, relationships, and independent living.

SECTION 8 – SPECIFIC AREAS OF NEED

Developmental Disabilities

Build Your Plan

Build Your Plan is a tool that enables you and your family to create an account within the Center and get started making a future plan. It's important that you plan ahead to help guide a person with an intellectual or developmental disability (I/DD) to lead a good life as independently as possible.

Milestones Autism Tool Kits

Tool Kits are a great way to assist with the personal planning and navigation of common challenges and have been developed in response to some most frequently asked questions for those with Autism. Each Tool Kit is a great way to pinpoint more detailed answers and additional suggested resources on different topic areas.

Let's Get to Work – Transition Planning Tool

This planning tool was created to help students and their support teams come together to talk and think about employment goals. It can serve as a guide to teams and will work best when the information compiled is a true reflection of the student's experiences, thoughts, and opinions. Teamwork throughout this process by a group of people who know the student well is important. This tool is not intended to be a form for one-time completion, rather it is designed to be an ongoing guide for teams to use as students move through transition, build life skills, and engage in educational and work experiences in preparation for adulthood.

Autism Speaks – Transition to Adulthood

The website provided a transition tool kit, community-based skills assess, and access to an advocacy tool kit to learn self-advocacy skills. As well as a variety of other helpful resources and tools.

It's My Future!

It's My Future! is a Self-Determination publication useful for adults with developmental disabilities to prepare for their planning, individual habilitation, or person-centered planning meeting.

Adult Autism & Employment: A Guide for Vocational Rehabilitation Professions

This guide is written for vocational rehabilitation professionals and employment services providers – the people whose job it is to find jobs for people with disabilities. This guide contains a lot of detailed information about how the features of people with ASD and the needs of the workplace interact, with suggestions about addressing common challenges from those interactions.

Navigating College – ASAN

A resource written by adults with autism for college students living with autism exploring the various aspects of the higher education experience.

Pictorial Interest Inventory

The Pictorial Interest Inventory is a way for individuals with limited reading ability or special needs to explore their career interests and find a job that fits. Instead of using text-based items, this assessment uses pictures to help individuals identify their occupational interests.

Visual Impairment

SD Rehabilitation Center for the Blind

If you have a visual impairment, the South Dakota Rehabilitation Center for the Blind (SDRC) may be able to help. Staff members are trained to teach skills that help people lead a full productive life--regardless of how much one does or does not see. Upon completion of training, individuals usually return to their community and use these new skills in their home, school or job.

COPSystem Career Guidance

The COPSystem VIA consists of three assessments that measure values, interests, and abilities. Results are combined from each inventory to guide clients toward a career that is the right fit for them. The COPSystem VIA helps people find the career they want, not just the job they need. There is a cost for these assessments, but they are compatible with screen reader software & additional accommodations.

Career Assistance for the Blind and Vision Impaired

For someone who is blind or visually impaired finding employment can be demoralizing and disheartening. But it doesn't have to be that way. This guide offers job seekers with vision impairments a one-stop shop for information and other resources to help them jumpstart their careers.

Perkins: Vocational Assessments

At Perkins School for the Blind, Vocational Assessments are conducted in the Deafblind Program, Secondary and Community Programs (Outreach and Transition to Life Cooperative). Each program includes a team of professionals who conduct relevant vocational assessments that guide the work experience program of students and contribute to the transition planning and portfolio as students graduate and move to the next environment.

Teaching Students with Visual Impairments

Career education for students with visual impairments needs to begin as early as possible and include self-awareness and career exploration activities, job seeking skills instruction, information about job keeping, and encourage opportunities for gaining work experience. Teaching skills in the area of career education can provide students with visual impairments of all ages with the opportunity to learn first-hand the work done by members of the home and community.

Deaf & Hard of Hearing

Minnesota Transition Guide for the Deaf & Hard of Hearing

The transition guide was created to give guidance in the area of transition for Deaf or Hard of Hearing students to assist with learning more about the unique aspects of the student's hearing loss that may require additional specialized services and resources.

Getting a Job! Module

The Getting a Job! online training was developed and designed for students who are deaf or hard of hearing and the professionals who work with them. Focusing on the transition from school to work, the training offers a series of activities, supporting documents and topical videos designed to help the job seeker prepare for the world of work. All the videos in the modules are presented in ASL and are also voiced in English and captioned.

CSD Learns

This site, developed by the Communication Services for the Deaf, offers a variety of courses related to employment available in ASL and English. They have courses about job interviews, resumes, job search and much more. All the courses are available for free.

Map It: What Comes Next

Video vignettes signed in ASL with spoken English and written transcription, self-assessments, and a series of interactive questions guide students as they identify their goals and develop strategies to achieve them. All interactive materials are saved and compiled in an electronic portfolio.

SD School for the Deaf: Transition Tab

A variety of resources are available that share information about employment, post-secondary, independent living resources, and more specific to students who are deaf or hard of hearing.

American Indian Students

Expanding the Circle

The Expanding the Circle curriculum offers culturally relevant activities that facilitate the successful transition from high school to post-secondary experiences for American Indian students. The curriculum is designed to help youth explore who they are, what skills they need, and what their options are for life after high school.

American Indian Vocational Rehabilitation

South Dakota vocational rehabilitation services through the Division of Rehabilitation Services are available statewide. In addition, there are Tribal VR programs available in certain parts of the state that provide vocational rehabilitation services.

SECTION 9 – INTERACTIVE RESOURCES FOR STUDENTS

Dude, Where's My Transition Plan?

This booklet shows students where they are going and how they are going to get there. "Individualized" means ALL about them. Their IEP should show the goals they want to reach and the supports they need to reach them.

Driving4Life Success

This website can take students to practice driving tests and quizzes to get their South Dakota driver's license.

Reality Check

This website goes through South Dakota's Department of Labor to help students see how much they need to work to pay for housing, food, clothes, transportation, and other items.

The Riot! Where Self-Advocates Have Something to Say

The Riot is about self-advocacy. They offer a newsletter, a blog where self-advocates can share opinions, toolkits, games, and services to help individuals become stronger advocates. They cover topics that are important to self-advocates.

Childhood Meets Adulthood

Here students can start thinking about what they want to do with the rest of their life. This Web site was built to help students plan for the future. "What will you do after high school? Will you work? Go to college? Live in a place of your own?" By using this Web site, they can plan for their future right now!

Path to Independent: Mobile Apps to Support Transition-Age Youth

Many free and low-cost mobile apps are available to support transition-age youth with disabilities as they embark on their journey towards post-secondary education, job training, employment, and independent living. With so many options, it can be difficult to know where to begin. This list includes apps that have been reviewed by parents and professionals and found to be useful and well-designed.