



Transition Newsletter

**August
2025**



RESOURCE HIGHLIGHT



myHomework

The myHomework app's clean design makes this app great for college, high school, or middle school. This homework helper contains additional features that make it easy to use for high school students with a block class schedule. Keeping track of assignments has never been better! The student agenda is students favorite way to focus and reduce anxiety.

Using myHomework as a school organizer makes keeping track of assignments to do easier than ever before. The account is FREE everywhere and an ads-free premium experience is available.

This is informational only. DHS is neither supporting nor endorsing the app. Please determine for yourself if you wish to use it and proceed accordingly.

Building Skills for College

High school is the perfect time to start building the habits that will help you succeed — not just in college, but in life. If you're a student with a disability, practicing these skills now can make your transition to college smoother and more empowering!

✓ Keep a Positive Attitude

Life won't always go as planned, and that's okay. When things get tough, try to see setbacks as learning opportunities instead of roadblocks. A positive mindset will help you bounce back faster and grow stronger.

🎯 Be Goal-Oriented

Know what you want—and take steps toward it. When you have a clear goal, it's easier to pick classes, activities, and opportunities that move you in the right direction. Goals keep you focused and help you avoid wasting time and energy.

💪 Challenge Yourself

Don't shy away from hard classes or big projects. The satisfaction you get from working through a tough challenge is worth it. Plus, practicing now will make college-level work less overwhelming later.

📅 Study Every Day

Good study habits start now. Try reviewing notes daily, even for just 15–30 minutes. This not only helps you do better in high school but builds a routine that'll be essential in college.

🌱 Use Your Supports

Have an IEP or 504 Plan? Use those accommodations! They're there to help you succeed. Don't hesitate to talk to your teachers or case manager if something isn't working for you.

🗣️ Speak Up in Class

Ask questions, join discussions, and show your teachers you're engaged. This helps you understand more and builds strong relationships—which can lead to support, encouragement, and future recommendation letters.

💰 Get to Know Your Case Manager or Counselor

These adults are your allies! They can help you plan your classes, adjust your accommodations, and explore your future options—like college, job training, or work programs.

🧠 Learn About Your IEP or 504 Plan

Understand what's in your plan and how it supports you. Know your accommodations—whether that's extended time, breaks, or quiet testing areas—and speak up if you're not getting what you need.



contact me

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Building Skills for College (continued)

Practice Self-Advocacy

You are your own best advocate. Learn how to speak up about what helps you learn best and ask for the support you need. This is a skill that will help you now and long after high school.

Take Dual Credit or Career Classes

If your school offers them, try college-level or career and technical education (CTE) classes. They're a great way to build confidence, learn new skills, and prepare for what's next.

Explore Pre-Employment Programs

Ask about opportunities like job shadows, internships, or programs like **Project Skills**. These help you explore careers, gain experience, and even earn money while still in high school.

Use Tech Tools That Help You

There are so many apps and tools that can make school easier — speech-to-text, timers, graphic organizers, and more. Try different tools to find what works best for your learning style.

Celebrate Your Wins!

Every step forward counts. Whether you finished a tough assignment or asked for help when you needed it—be proud of your progress. You deserve to feel good about what you accomplish!

Start Now, Succeed Later!

The habits you build in high school will carry with you into college, the workplace, and beyond. Start small, stay consistent, and don't be afraid to ask for help —you've got this, and you're not alone. As your VR counselor, I'm here to connect you with the resources and services that can give you the best chance at success. In the end, it's up to you—but you don't have to do it alone. I'm here to help however I can!

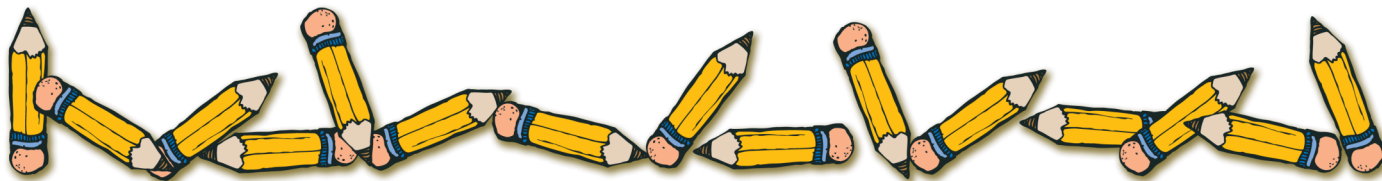


Additional Resources



South Dakota: Mapping Your Future

The SD Mapping Your Future is a helpful website for students and families planning for the future. It offers guidance on choosing a career, exploring college options, and understanding how to pay for education, including step-by-step FAFSA help and financial planning tools. The site also provides monthly checklists, important deadlines, and tips for staying organized throughout high school and the transition to college. Families can access live support through virtual events and find downloadable materials to help make informed decisions. It's a one-stop guide for preparing, applying, and succeeding beyond high school. southdakota.mappingyourfuture.org/



Scholarship Portals

There are a couple of scholarship portals you should check out to help with the costs of attending post-secondary school. Unlike loans, you don't have to pay scholarships back. Scholarships can be based on things like your grades, activities, talents, or even your background. Some are for specific schools, careers, or groups of students. Applying for scholarships is a great way to reduce the cost of your education. Visit sdcommunityfoundation.org/scholarships and sdbor.scholarships.ngwebsolutions.com to explore available scholarships and start your applications.



CAREER AND TECHNICAL EDUCATION

Another way you can boost your resume and job application is by enrolling in a CTE course while in high school. Not only does it help you make more informed education and career choices, but these courses are associated with higher wages due to the hands-on training you receive. CTE is a cheaper way to explore your career options while in high school vs. changing majors when attending a university or college mid-stream or starting in a career that you don't enjoy because you were unaware of what all was involved.

South Dakota has over 700 CTE programs offered in over 150 public, private and tribal school



CTE focuses on...

- ALL students, regardless of performance or postsecondary and career plans
- ALL careers, including high-demand fields
- Integration of academics & career preparation within a standards-based curriculum
- Professional certifications, associate degrees, four-year degrees and beyond