



#### RESOURCE HIGHLIGHT

#### TRANSITION TIMELINE

SUGGESTED ACTIVITIES BY GRADE

This document suggests a variety of transition activities for SD students to support your successful transition from HS to adulthood.

The activities may involve collaboration with various agencies, school staff, parents, and students. The goal is to ensure that services and supports are coordinated and comprehensive, helping you become a successful, independent adult!

Find your copy here:  
[tslp.org/transition-iep-plan](http://tslp.org/transition-iep-plan)

Look for it under the Transition Resources tab.

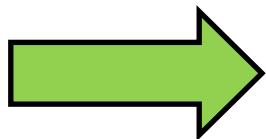
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DHS is neither supporting nor  
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for yourself if you wish to use it  
and proceed accordingly.*

# Transition Newsletter

Jan  
2026

## New Year, New Goals, New YOU!

With the new year, comes setting new goals, it can be hard to accomplish them but not if you think SMART!



Start thinking about something you want to achieve in 2026... maybe it's something you want to improve on or learn new, maybe you want to focus on your mental or physical health, it can be whatever YOU want!

## Smart Goals



## Why use SMART goals?

They help make sure that you WILL achieve a goal, and in a sensible timeframe.

They help make sure you CAN measure your successes, which will make it easier to tell people what you've done.

The SMART method helps push you further, gives you a sense of direction, and helps you organize and reach your goals!

# contact me



Name:

Phone:

Email:

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### RELEVANT:

*How will achieving this goal help me reach other goals?*

**SMAR\_ Goal**—Using a planner will help me stay organized, become more independent, reduce my stress, and prepare me for life after school.



### TIME-BOUND:

*When will I accomplish my goal?*

**SMART Goal**—I will follow my weekly schedule consistently and check off each task in my planner over the next two months.

### FINAL SMART GOAL:

I will use a planner to organize my school, work, and personal tasks, spending a few minutes each Sunday planning my week and checking off tasks as I complete them. I will follow this routine for the next two months so I get more organized and independent as I prepare for life after high school.

**Believing in your goals helps you stay motivated and work hard toward success! If challenges come up, it's okay to make changes to your plan to give yourself the best chance of reaching your goal!**

### New Year's Goal:

I need to get more organized!

#### SPECIFIC:

*What do I want to achieve, and why do I want to achieve it?*

**S\_\_\_ Goal**—I want to improve my time management skills by creating and following a weekly schedule so I can better balance school, work, and personal responsibilities.

#### MEASURABLE:

*How will I see that I'm making progress?*

**SM\_\_\_ Goal**—I will use a planner or digital calendar to plan my schedule and write down daily tasks, assignments, work shifts, and appointments.

#### ATTAINABLE:

*Is my goal realistic and possible to achieve?*

**SMA\_\_ Goal**—I will spend 10-15 minutes every Sunday planning my week, and I will use a daily checklist and timers to stay on track for each task.