



Transition Newsletter

Sept
2026



RESOURCE TO CONSIDER



This document suggests a variety of transition activities for SD students to support your successful transition from high school 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 a copy here:

tslp.org/professional

This is informational only. DHS is neither supporting nor endorsing this website. You will need to determine for yourself if you wish to use it and proceed accordingly.

Skills That Matter: For School

Your future starts with the skills you practice today. Transitioning from high school to work, college, training, or independent living can feel like a big step. You do not have to figure everything out at once. **Start small, ask for help, learn what works for you, and keep building your confidence.**



1

BUILD GOOD ROUTINES

Create consistent routines for homework, studying, sleep, and getting ready for school. Good habits can reduce stress and improve grades.



2

STAY ORGANIZED

Use a planner, calendar, or phone reminders to track assignments, deadlines, appointments, and activities.



3

ASK FOR HELP

Talk to teachers, counselors, tutors, or other trusted adults when you need support. Asking questions is a strength!



4

GET INVOLVED

Try clubs, sports, volunteer activities, or school groups. Getting involved can build confidence, friendships, communication skills, and leadership.



5

PRACTICE SELF-ADVOCACY

Learn to speak up about what you need. Ask for clarification, support, or accommodations when appropriate.



6

MANAGE YOUR TIME

Break large assignments into smaller steps. Prioritize important tasks and avoid last-minute rushing.



7

COMMUNICATE WELL

Practice listening, asking questions, using a respectful tone, and clearly explaining what you need.



8

TAKE CARE OF YOURSELF

Get enough sleep, eat well, stay active, and find healthy ways to manage stress. Taking care of yourself helps you succeed at school and work.



Your future starts with the
skills you practice today!



contact me

Name:

Phone:

Email:

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GET READY FOR WORK

South Dakota offers several programs to help students with disabilities prepare for employment and life after high school with support from VR. **Pre-ETS** provides career exploration, work experiences, workplace skills, self-advocacy, and post-secondary planning. **Project Skills** gives students hands-on work experiences, while **Project SEARCH** provides a year of workplace training and internships. The **Youth Leadership Forum** helps students build leadership, self-advocacy, and disability-awareness skills.

Learn more about these programs at:
tslp.org/family-student/



You don't need to have everything figured out. Talk with your teacher, counselor or trusted adult, explore a career, try a work experience, learn what supports help you succeed, and set one goal for after graduation.

Your strengths matter. Your voice matters. Your goals matter. Take the next step!

Skills That Matter: Your First Job

1. Be On Time

Arrive on time — or a little early.
Plan for transportation and allow extra time.

2. Ask Questions

It's okay to ask questions. Take notes and ask for directions to be repeated when needed.
"Can you show me how to do that again?"

3. Observe & Listen

Pay attention to workplace expectations, communication, dress, breaks, and how coworkers interact. When unsure, **listen and ask**.

4. Be Proactive

When you finish a task, ask: "What should I work on next?" Show initiative while following your supervisor's directions.

5. Be Willing to Learn

Accept feedback and use it to improve. **Everyone makes mistakes while learning.**

6. Be Professional

Use respectful language, appropriate communication, good workplace manners, and follow safety rules.

7. Stay Positive

Be friendly, dependable, and willing to work with others. A positive attitude makes a good impression.

8. Manage Stress

New jobs take time to learn. **Take a breath, ask for help, and give yourself time to adjust.**

