

What I Like to Do

Check one box in each row.

Initials _____ Date _____

Kind of work	I like it	Not sure	Not for me
Working with my hands	☐	☐	☐
Helping people	☐	☐	☐
Being outdoors	☐	☐	☐
Working with animals	☐	☐	☐
Using computers	☐	☐	☐
Cooking or food	☐	☐	☐
Building or fixing things	☐	☐	☐
Art, music or design	☐	☐	☐
Organizing things	☐	☐	☐
Caring for children	☐	☐	☐
Talking with customers	☐	☐	☐
Driving or delivering	☐	☐	☐

Something else I like to do

My Future

Learning: after high school, I want to learn or train...

College, a training program, on-the-job training, classes for fun

Working: a job I want to try...

What would I do all day? Where?

Living: where and how I want to live...

With family, my own place, with roommates; how I get around

Things I'm good at

Things I want to get better at

People who can help me get there

Job Skills Check

How do I do on each skill right now?

Skill	On my own	With help	Still learning
Get to places on time	☐	☐	☐
Follow a schedule	☐	☐	☐
Ask for help	☐	☐	☐
Follow 2- or 3-step directions	☐	☐	☐
Work with others	☐	☐	☐
Take a break when I need one	☐	☐	☐
Use a phone or computer for work	☐	☐	☐
Handle money	☐	☐	☐
Keep my space neat	☐	☐	☐
Hear feedback and try again	☐	☐	☐
Stay with a task	☐	☐	☐
Dress for the job	☐	☐	☐

The skill I want to work on next is

One thing that would help me is

Adult Page: My Future

1**Let the student lead**

Read it aloud if needed; accept speech, pictures, signs or a device. Write their words, not a summary.

2**Ask, then ask again**

"What would you do all day?" "Who do you know who does that?" Interests change; that's expected.

3**Add other views**

Ask family and a teacher who knows the student to do the job skills check too, then compare.

4**Bring it to the IEP**

Use it for the postsecondary goals (learning, working, living) and the transition services. Pair it with formal assessments.

A transition plan has to be in the IEP by age 16 (earlier in some states). This page is informal, student-voiced information; it is not a standardized assessment. Keep initials only on copies, and share them only as the family agrees.