

ACTIVITY— 12th Grade



COMPLETE THE PRECEDING YEAR ALONG WITH THESE ACTIVITIES:

- Review and update your OkCareerGuide.org account.
- Update your Ed Plan and your list of activities and honors in OkCareerGuide.org.
- Enroll in concurrent enrollment classes and/or technology center programs.
- Review high school graduation requirements and college entrance requirements with your counselor and make sure you are on track to graduate.
- If eligible, complete Oklahoma's Promise paperwork, including final transcript and send to the Oklahoma State Regents for Higher Education (spring).
- Complete FAFSA application for need-based financial aid (www.fafsa.gov) by deadline (fall).
- Participate in job shadowing and community service/service learning projects.
- Submit scholarship and financial aid applications.
- Submit college or technology center applications.
- Explore and submit scholarships at your local technology center.
- Re-take the ACT or SAT, if needed.
- Participate in mock interviews.
- Finalize 1, 2, 4 or More plans with your counselor and family.
- Develop a budget for life after high school.
- Review and update resume'.
- Consider military options.
- Complete a final transcript request through your school counseling office.
- If you are planning to go to work, find job openings.
- Discuss your Individual Career and Academic Plan (ICAP) with your IEP team.
- Request reevaluation if evaluation is not current (one year or less).
- Visit college campuses and/or training programs and locate disability services.
- Know your strengths and challenges and work to improve weak areas.
- Be involved in reviewing and updating your transition plan.
- On or before your 17th birthday ask your special education teacher about transfer of educational rights at age 18.
- Know what accommodations you need & know how to ask for them.
- Practice discussing your disability with an adult and be prepared to self-disclose.
- Get copies of confidential paperwork (IEP, Multidisciplinary Evaluation and Eligibility Group Summary, current psychological/academic evaluations and Summary of Performance) to take with you after graduation.

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- Confirm the receipt of your final transcript/test scores by selected college or technology center (summer).
- Write thank-you letters to organizations for scholarships received (summer).
- Contact college or technology center to determine the total costs and due dates for your fees, tuition and room/board (summer).
- Plan for transportation and housing (summer).
- WHILE AT POSTSECONDARY INSTITUTION:**
- Go to all orientations.
- Find a place to study.
- Get organized.
- Discuss your ICAP with your adviser.
- Don't skip classes.
- Get involved on campus and with campus organizations (both college and technology centers).
- Find the career services office and let them assist you.
- Update your resume'.
- Continue to update your OkCareerGuide.org account.
- Find the disability services office.
- If disclosing disability, talk to each of your instructors about needed accommodations.
- If you plan to disclose your disability, take information about your disability to school and visit the disabilities services specialist.



Transition to Postsecondary Education Student with Disability Guide & Career Development Checklist

Postsecondary Education = Any schooling that takes place after graduation from high school.

No IEPs In Postsecondary Education ... What Does That Mean To You?

Laws change—laws that may have applied to you as a student with a disability in K-12 education will no longer apply to you at the postsecondary level.

High School	Postsecondary Institution
Student does not have to self-disclose to receive accommodations.	Student must self-disclose his/her disability to receive accommodations.
Individualized Education Program (IEP) or 504 Plan.	504 Plan/Accommodation Plan (There are no IEPs in postsecondary education).
Special education classes available.	No special education classes available.
Modifications and accommodations are permitted for the student to find academic success.	Accommodations that do not alter the fundamental nature of the course or impose undue burden on the institution are permitted. No modifications are allowed.
Student records are accessible to the student and his/her parents.	Student records are only accessible to the student (unless student signs a release).
School is required to provide a free appropriate public education.	A free appropriate public education no longer applies. Not all students are accepted.

*Chart compares services at high school to services at the postsecondary level

What is the difference between accommodations and modifications?

Accommodations — They do not alter what you are expected to learn. An accommodation makes learning accessible to you and allows you to demonstrate what you know. Examples: Extended time on tests, tests in separate location, preferential seating, adaptive furniture, large-print texts.

Modifications — They alter what you are expected to learn. Examples: Limited choices on tests, simplifying words on assignments and tests.

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Career and Academic Connections

Contact us at 405.743.5162 • Okcareer.tech/cac

Adapted from Guidance Checklist by the School Counseling Department, Kansas State Department of Education.

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Career and Academic Connections

What Are Your Postsecondary Options?

Technology Centers — Technology centers prepare you for a specific profession. They combine the academic curriculum with real-life hands-on applications. Technology centers are usually smaller than colleges and cheaper. Certificates and/or licenses can be earned.

Two-Year Community/Junior Colleges — They offer a variety of two-year degree programs. Community/junior colleges are usually smaller and less expensive than four-year colleges/universities. Certificates, licenses and associate degrees can be earned.

Four-Year Colleges/Universities — They offer a multitude of degree programs. Class sizes are usually large. Bachelors, masters and professional degrees can be earned depending on the institution.

STUDENT CAREER DEVELOPMENT CHECKLIST

Including activities for students with disabilities.

Here are the activities you need to complete each year to ensure that you are prepared for further education and a career.

ACTIVITY— 7th and/or 8th Grade

Create an account on OkCareerGuide.org.
Take the career assessments on OkCareerGuide.org.
Explore careers and colleges via OkCareerGuide.org, Okcollegestart.org and/or other online career sites.
Use all the information gathered to develop an Individual Career and Academic Plan (ICAP).
Explore and select three pathways of occupations as favorites in OkCareerGuide.org.
Discuss academic and career plans with your counselor and your family.
Explore CareerTech education (CTE) courses at your high school and CTE programs at your local technology center.
If eligible, apply for the Ok Promise scholarship (8th – 10th grade).
Review Oklahoma graduation requirements and college entrance requirements with your counselor.
Take a learning-style assessment.
Attend a high school orientation program.
Get involved in student organizations, clubs and/or athletics.
Develop an Ed Plan in OkCareerGuide.org to plan your classes in high school.
Discuss plans with special education teacher, counselor and family.
Know your strengths and challenges and work to improve weak areas.
Participate in your initial transition plan during your IEP meeting.



Steps to creating an OkCareerGuide.org account:

- (1) Go to Oklahoma Career Guide at www.OkcareerGuide.org.
- (2) **Select Create an Account.** In the dropdown menu select MS or HS student and click **Next Steps.**
- (3) Type the first three letters of your site, center or organization. Typically, this will be the first few letters of your school name. For example, type "Cen" to get a list of options that begin with those letters. From that list, you may locate and select "Central HS."

ACTIVITY— 9th Grade

COMPLETE THE PRECEDING YEAR ALONG WITH THESE ACTIVITIES:
Review and update your OkCareerGuide.org account.
Take or re-take the career assessments on OkCareerGuide.org.
Explore careers and colleges via OkCareerGuide.org, Okcollegestart.org and/or other online career sites.
Use all the information gathered to develop or update your Individual Career and Academic Plan (ICAP).
Explore occupations in the top 5 pathways from your OkCareerGuide.org interests assessments.
Review sample plans of study in OkCareerGuide.org.
Explore CareerTech Education (CTE) courses at your high school and CTE programs at your local technology center.
If eligible, apply for the Ok Promise scholarship (8th – 10th grade).
Review high school graduation requirements and college entrance requirements with your counselor and make sure you are on track to graduate.
Get involved in student organizations, clubs and/or athletics.
Investigate 1, 2, 4 or More options with your counselor and family.
Participate in career days, career fairs and/or job shadowing opportunities.
Develop a list of activities and honors and store it in OkCareerGuide.org.
Update your Ed Plan in OkCareerGuide.org.
Discuss plans with special education teacher, counselor and family.
Learn about your disability and how to explain it to others.
Know your strengths and challenges and work to improve weak areas.
By age 16, ask your special education teacher if you have been referred to a vocational rehabilitation counselor.
In your annual IEP or 504 meeting, be an active participant, and ask for needed accommodations.
In your annual IEP meeting, discuss your plans and actively participate in updating your transition plan.

- (4) During step 3, you will create a username and password. Write them here for future reference:
Username: _____
Password: _____
- (5) Click **Sign Me Up** to complete the process.

STUDENT CAREER DEVELOPMENT CHECKLIST

Here are the activities you need to complete each year to ensure that you are prepared for further education and a career.

ACTIVITY— 10th Grade

COMPLETE THE PRECEDING YEAR ALONG WITH THESE ACTIVITIES:
Review and update your OkCareerGuide.org account.
Retake the career assessments on OkCareerGuide.org, if needed.
Explore careers and colleges via OkCareerGuide.org, Okcollegestart.org and/or other online career sites.
Use all the information gathered to develop or update your Individual Career and Academic Plan (ICAP).
Explore careers by taking CareerTech education (CTE) courses at your high school.
Explore careers by touring CTE programs at your local technology center and, if appropriate, apply to attend the tech center.
If eligible, apply for the Ok Promise scholarship (8th – 10th grade) (last opportunity).
Take the Pre-ACT and review results with your counselor and family (fall).
Take the PSAT/NMSQT and review results with your counselor and family (fall).
Review high school graduation requirements and college entrance requirements with counselor and make sure you are on track to graduate.
Get involved in student organizations, clubs and/or athletics.
Review and research 1, 2, 4 or More options with your counselor and family.
Look at the composite report for the career interest and skills confidence assessments, determine knowledge/skills areas that need improvement (where interests are high and skills are lower). Go to www.OkCareerGuide.org , then scroll to the bottom of the home page.
Participate in job shadowing and community service/service learning projects.
Research job skills on OkCareerGuide.org.
Start researching scholarship/financial aid opportunities, including those found on OkCareerGuide.org.
Update your list of activities and honors in OkCareerGuide.org.
Update your Ed Plan in OkCareerGuide.org.
Discuss your Individual Career and Academic Plan (ICAP) with your IEP team.
Be involved in reviewing and updating your transition plan.
Know your strengths and challenges and work to improve weak areas.
By age 16, ask your special education teacher if you have been referred to a vocational rehabilitation counselor.

How will you reach your goal?

1 2 4 +
or more

Be prepared for your future!

It's Your Choice

Making your disability known in postsecondary education is your choice. However, remember if you want your postsecondary school to provide accommodations you need to let them know about your disability.

ACTIVITY— 11th Grade

COMPLETE THE PRECEDING YEAR ALONG WITH THESE ACTIVITIES:
Review and update your OkCareerGuide.org account.
Retake the career assessments on OkCareerGuide.org, if you want to.
Enroll in technology center programs and/or concurrent enrollment classes.
Update Ed Plan and your list of activities and honors in OkCareerGuide.org.
Take ACT and/or SAT and/or PSAT and/or ASVAB assessments.
Explore careers by taking CareerTech Education (CTE) courses at your high school.
Research and select favorite postsecondary schools on OkCareerGuide.org.
Participate in job shadowing and community service/service learning projects.
Narrow your list of postsecondary schools based on your previous research to three or four.
Create a resume.
Start application process for U.S. service academies, if appropriate.
Review high school graduation requirements and college entrance requirements with counselor and make sure you are on track to graduate.
Get involved in student organizations, clubs and/or athletics.
Review and research 1, 2, 4 or More options with your counselor and family.
Research job skills on OkCareerGuide.org.
Start researching scholarship/financial aid opportunities, including those found on OkCareerGuide.org.
Update your list of activities and honors in OkCareerGuide.org.
Visit college campuses and/or technology center campuses.
Update your Ed Plan in OkCareerGuide.org.
Make sure you and your parent(s) have completed income tax forms to complete financial aid applications (due fall of your senior year).
Explore financial information on OkCareerGuide.org.
Know your strengths and challenges and work to improve weak areas.
Be involved in reviewing and updating your transition plan.
On or before your 17th birthday, ask your special education teacher about transfer of educational rights at age 18.