



## BASIC INFORMATION & SKILLS CHECKLIST

The following is a checklist of skills and behaviors. Students will need to acquire these skills in order to make a successful transition to post-secondary placements. This could be helpful to review as a family.

### **Student Information**

- ☐ *Can I name and describe my disability?*
- ☐ *Can I describe my strengths?*
- ☐ *Do I know what accommodation services I need? (e.g. extended time, separate location, use of word processor, note taker, audio books, e-files.)*
- ☐ *Do I know what adaptive and/or assistive equipment I need to use? (e.g., screen reader, screen enlarger, etc.)*

### **Academic Preparation Skills**

- ☐ *Do I have, at least basic keyboarding skills?*
- ☐ *Have I had at least two years of high school math, including algebra?*
- ☐ *Have I had at least two years of high school science including at least one lab science?*
- ☐ *Do I comprehend what I read?*
- ☐ *Can I write a well-developed essay?*
- ☐ *Have I taken a foreign language course?*

### **Study Skills**

- ☐ *Do I know how to use a library?*
- ☐ *Do I know when to seek assistance?*
- ☐ *Can I take notes from a lecture?*
- ☐ *Do I know how to take notes from a book?*
- ☐ *Do I know how to study?*
- ☐ *Do I know how to take different kinds of tests?*
- ☐ *Am I usually prepared for classes?*
- ☐ *Am I usually on time for classes?*
- ☐ *Do I skip classes often?*
- ☐ *Are my school notes and work neat?*
- ☐ *Am I good at organizing my work? (e.g. folders, binders)*
- ☐ *Are my assignments completed on time?*
- ☐ *Do I behave appropriately in class?*

## **Social Skills**

- ☐ *Do I communicate appropriately with adults and teachers?*
- ☐ *Do I interact appropriately with peers?*
- ☐ *Do I know how to interact appropriately with different kinds of people in social situations?*
- ☐ *Do I know how to let someone know I like them? (dating etiquette)*
- ☐ *Can I handle rejection appropriately?*
- ☐ *Do I know how to use communication devices effectively?*
- ☐ *Do I know when a conversation or discussion is over?*
- ☐ *Can I demonstrate problem-solving and decision-making skills?*
- ☐ *Do I know how to disagree with someone without losing my temper or getting angry?*

## **Daily Living Skills**

- ☐ *Do I know how to use transportation to go to and from campus, job and internships?*
- ☐ *Do I use leisure time effectively?*
- ☐ *Can I get myself up in the morning and get to classes or appointments on time, without parental guidance?*
- ☐ *Do I know how to locate appropriate assistance when needed?*
- ☐ *Do I have adequate knowledge of my medical needs in regard to medications and/or health problems and am I able to express these needs to others?*
- ☐ *Can I manage money appropriately?*
- ☐ *Do I have basic cooking skills?*
- ☐ *Can I do my own laundry?*
- ☐ *Do I know how to use an ATM or debit card?*
- ☐ *Can I do my own food and clothes shopping?*