

# Assistance I Might Need to Reach My Goals

Throughout the later high school years, it would be helpful if parents/guardians talk with their youth every few months to think about their post-secondary goals and supports or assistance they might need to achieve these goals.

The following questions may be helpful to start these conversations. Be sure to share these ideas with your student's teacher and IEP team as they can help connect your child to needed services.

## Education/Training:

**What goals do you have after high school for furthering your education or training?**

[Describe each goal here]

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**What do you see as obstacles, problems or potential setbacks for you to achieve this goal?** (e.g., do you know how to complete the application requirements? Do you have the background experiences to get in? How can you increase your competitiveness? Have you completed the required coursework?)

[Describe obstacles/problems here]

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**What could be some possible solutions to these obstacles or problems?**

[Brainstorm possible solutions, or people to talk to generate solutions]

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**Independent Living:**

**What goals do you have after high school for furthering your independent living?**

[Describe each goal here]

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**What do you see as obstacles, problems or potential setbacks for you to achieve this goal?** (e.g., do not know how to cook meals, uncertain how to find a roommate, uncertain how transportation would work, do not know how to get medical services)

[Describe obstacles/problems here]

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**What could be some possible solutions to these obstacles or problems?**

[Brainstorm possible solutions, or people to talk to generate solutions]

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