

Session 2

Getting to know you – Choosing people to attend

WHOSE FUTURE GOAL 2: You will choose the people who you think should be at your transition planning meeting.



Last session you looked at who should be part of your transition planning meeting. Now you need to find out who has been coming to these meetings. Later on you can think about who you want to be there.

So... who has been showing up at your



meetings?

Don't really know? Well, no problem. Here is how you can find out. The people who come to your IEP meetings almost always sign a form. You can tell who was there by looking at that form.



You knew this was coming, right? I mean, how can you check a form if you don't have a copy of it? So, you need a copy of it. Work with



your coach or teacher to get a copy of your most recent IEP or transition information file. Maybe your teacher can get a copy.

There's not much we can do until you have that form or file, so go ahead and get it...

Don't worry, I'll wait! ...

Got it? Good.

Now, find where everyone signed the form. If you have a hard time with this, have someone help you. In fact, your coach may have been there and can help fill in the blanks. Or, you may have to go to last year's teacher to check it out.

Here is the list of people we talked about last session. Check ☒ everyone who was at your last planning meeting. If you want, you can write the name of that person.

☐ You (student)

☐ Your parents

☐ Your friend(s)

☐ Your brother/sister

☐ Your general education teachers

☐ Your special education teachers

☐ Related Services people

☐ Psychologist or diagnostician

☐ Your principal

☐ Vocational Rehabilitation Counselor

☐ An advocate for you

☐ Your boss at work

☐ Your job coach

☐ Your neighbor

☐ Other

Now you know who was at your last meeting.

What do you think? Was everyone there who needed to be?

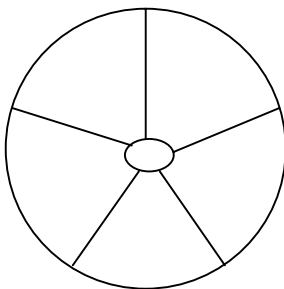


If so, great. If not, who else needs to be there?



Here's something you can do to help you figure this out.

Find the page at the end of this session with the circle that looks like this.



Now, write your name in the center

of that circle.

Next, think of people you know. There are five areas listed around the circle:

1. Friends
2. Family
3. School
4. Neighbor
5. Church/Community

List at least one name of a person in each of the five areas. Fill in as many names as you want.



Start with **FRIEND**. Who is your best friend? Write that person's name in the circle. How about other friends? Write the names of any other friends you might like to have part of your planning team.



Next, go to **FAMILY**. Who do you feel close to in your family? Your mother, father, sister, brother, grandparent, uncle, aunt or cousin? Write these names in the circle.



Go to **SCHOOL**. Who do you feel close to at school? Is there someone in your homeroom who you would like to have be part of your planning? Is it someone your age, a teacher, or another adult? Write those names in the circle.

Do you have a **NEIGHBOR**



that you talk to and trust? If so, write that person's name in the circle.



In the section for **CHURCH/**



COMMUNITY,

write in people who you like and trust. Think about people at work, church, or any other place you spend a lot of time.

Now, use your sheet to choose who you want to be at your next planning meeting.

Fill in the blanks with the people you want to be there.

First, there are the people who should be at every meeting:

1. Me (That is you!)

2a. _____
(Mom)

2b. _____
(Dad)

3a. _____
(teacher)

3b. _____
(teacher)

3c. _____
(teacher)

4a. _____
(principal)

4b. _____
(vice-principal)

4c. _____
(psychologist/diagnostician)

If you are 16 or older, you should make sure people who can help you be

independent when you are an adult are at the meeting. That's why Vocational Rehabilitation Counselors, job coaches or your boss should be there.

A Vocational Rehabilitation Counselor might help you find a job. A job coach can help you learn the things you need to do on the job once you start. You might want to invite someone who can help you live more independently. If you are not sure about who this person might be, fill this in after you finish the lessons on community resources.

5a. _____
(VR Counselor)

5b. _____
(Job Coach)

5c. _____
(Work person)

6. _____
(Living help)

Who else?

Well, it's not a bad idea to have friends with you. They know you as well as anyone. Also, sometimes it is easier to talk to a friend...they know what you are trying to say. Of course, you should only invite them if you feel comfortable with them there. You have to make that decision.

Huh? What's a decision? We'll talk about that later.

Again, you don't have to have a friend if you are *embarrassed*, but you can if you want. The same thing is true for a brother or a sister, or any other family member you want there.

7a. _____
(friend)

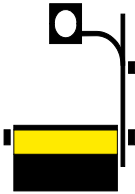
7b. _____
(friend)

8a. _____
(sister/brother)

8b. _____
(sister/brother)

9a. _____
(other people)

9b. _____
(other people)



Okay. Let's look at what you've done this session.

☒ You found your most recent IEP f_____.

☒ You found out who was at your last p_____ meeting.


☒ You identified the friends, family members, neighbors, school people and community contacts you t_____ to help you p_____ for your future

☒ You listed people who you can ask to be at your next p_____ meeting

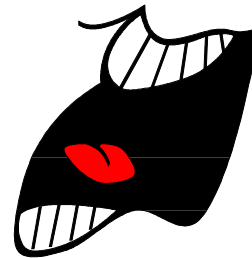
Well, that's probably enough for this session.



Before the next session, you should have:

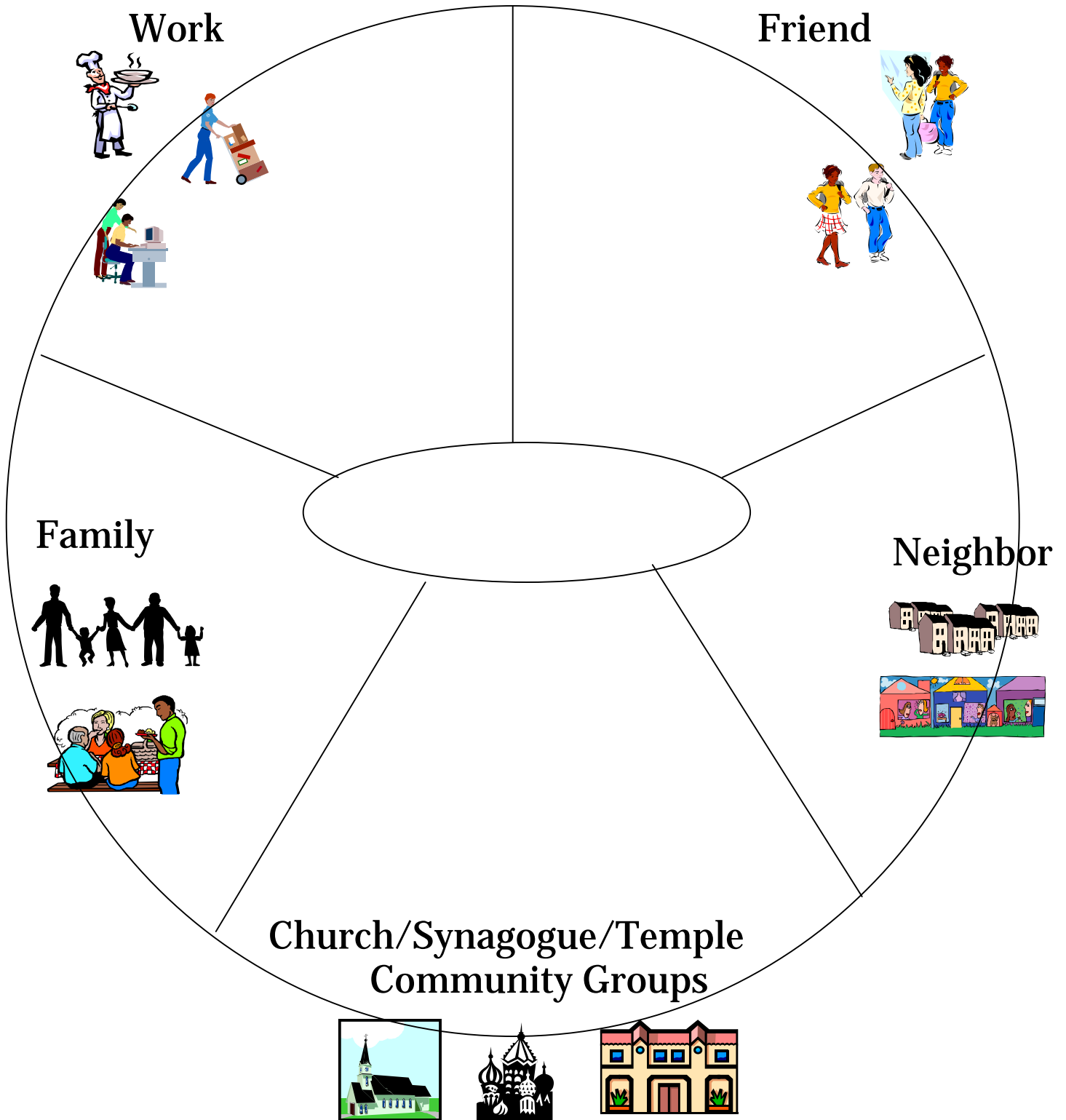
 Finished listing who you want to be on your planning team.

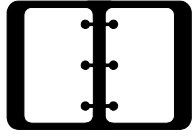
OK. So that's it for now.



Later.

My Support Circle





Session 2 Summary Sheet - Choosing people to attend

WHOSE FUTURE GOAL 2: You will choose the people who you think should be at your transition planning meeting.

- ☒ You found your most recent IEP or transition information file.
- ☒ You found out who was at your last planning meeting.
- ☒ You identified the friends, family members, neighbors, school people and community contacts you trust to help you plan for your future.
- ☒ You listed people you can ask to be at your next planning meeting.