



Transition Newsletter

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What is Your Plan for After High School?

As a young adult getting ready to venture into the adult world, have you been thinking about all your options after high school? Yes, I know you just started a new school year, but learning about your options helps you figure out which one will best suit your needs and dreams while empowering you to make an informed decision. All your options take time to set up so now is the time to start planning ahead so you have a plan in place.

It's important to research and ask questions to learn which path is going to be best for you. You can also talk to your friends that are already taking some of these paths to give you a better sense of what it might be like for you.



RESOURCE HIGHLIGHT



Pathful Explore

Do you still need help figuring out what sort of career most interests you after high school? I can get you set up with an account where we can work through some career assessments and start searching potential careers! We can explore any training that might be required for those potential careers as well as research the different schools that offer those training programs. Contact me today and I will get you started!

This is informational only. DHS is neither supporting or endorsing the app. Please determine for yourself if you wish to use it and proceed accordingly.

- Public or Private University**
 Pursuing a degree at a university can be a challenging and rewarding way to focus more on specific subjects you may have studied in high school that really interest you. Typically, a bachelor's degree takes around four years to complete and can be more expensive because there are living expenses for on-campus housing and food in addition to tuition expenses.
- Vocational College**
 Vocational colleges trains students for a specific line of work in hands-on fields. Vocational colleges are different from typical four-year universities because the programs are less academic-based and more job-focused, and typically take around 2 years to finish.
- 18-21 Transition Programs**
 In South Dakota, there are a variety of 18-21 transition programs, including Project SEARCH, that allow students to continue receiving high school services after completing your required educational requirements. These programs focus on increasing your independent living and employment skills for adulthood success.
- Apprenticeships**
 This option allows you to earn a salary working full-time with on-the-job training as you receive some classroom instruction to prepare you for a specific job. Apprenticeships are available in a large range of professions.
- Military**
 Serving your country through military service might appeal to you after high school, and you may be eligible to enlist in the military. Research your options online and see if this is a good fit for you.

Whatever path you choose, there are a number of supports & services available that will help you access and maintain success throughout your time in a post-secondary setting. I can help you explore all your options and help you make an informed decision about what path will be in your best interest!

For more information and tips about building your own path to success, please download the PDF found here: bit.ly/RoadAfterHighSchool

contact me

Name:

Phone:

Email:

[dhs.sd.gov/
transitionresources.aspx](https://dhs.sd.gov/transitionresources.aspx)



Let's Talk Work

A one-day conference for high school students who have a disability focusing on employment.

11/10/22—Rapid City, the Monument

11/16/22—Sioux Falls, Sanford Research Center

11/16/22—Fort Pierre, AmericInn

11/16/22—Aberdeen, Boys & Girls Club

1/24/23—Mitchell, Highland Conference Center

Learn more at tslp.org/employment

TIPS TO SURVIVE HIGH SCHOOL

1. MAKE STUDYING YOUR PRIORITY
2. BUILD YOUR SELF-CONFIDENCE
3. LISTEN TO YOUR PARENTS
4. CHOOSE FRIENDS WHO ARE GOOD INFLUENCES
5. THINK ABOUT LONG-TERM GOALS
6. MAKE 'ME' TIME A PRIORITY
7. FOLLOW THE GOLDEN RULE
8. MAINTAIN GOOD COMMUNICATION WITH YOUR TEACHERS
9. BE ON TIME
10. DON'T COMPARE YOURSELF TO OTHERS
11. DON'T PROCRASTINATE
12. EAT HEALTHY
13. MAKE SURE YOU GET ENOUGH SLEEP
14. BE YOURSELF!
15. ASK ABOUT VOC REHAB SERVICES

October 3—November 30, 2022

is an opportunity to apply to any SD college or university for free!

High School seniors can be eligible for FREE applications to participating SD postsecondary institutions. Also on the website are timelines and tips to consider following throughout high school under the 'Why College' tab as well as other valuable information.

ourdakotadreams.com

**DID YOU
KNOW?**