

Parent Resources

Graduation Checklist: Preparing Your Child for Life After School

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If your child is graduating this year, following this checklist will help the post-school experience to go as smoothly as possible.

- My child has a legal guardian.
- My child has a regional center worker, and I know the name of this person.
- My child's regional center plan is up-to-date and was written within the last year.
- The regional center plan reflects post-graduation intentions. It lists the chosen day program or workshop and any need for transportation.
- My child's Medicaid or private health insurance is current.
- My child is as independent as possible with daily living and self-care skills.
- My child's attendance at school is consistent. (Workshops do ask about this.)
- I have my child's birth certificate, Social Security card and other documentation needed for enrollment in a day program or a workshop.
- I know whether my child will attend a day program or a workshop.
- I am aware of different day programs and workshops, and I have visited those referred to me by the school or regional center.
- The application to the day program or workshop has been completed, or there is a plan for its completion.
- I am preparing to send the school photos or other documents needed for the yearbook, a class photo album or the graduation program.
- I have been talking with my child about graduation and helping to prepare my child emotionally and behaviorally for this transition. Some ways to prepare include
 - discussing the process of leaving school
 - expecting some changes in behavior
 - allowing for the expression of emotions (using words like *excited*, *scared*, *happy* or *sad* to describe feelings)
 - focusing on the fact that this is an exciting time of growth that marks your child's entry into adulthood
 - celebrating that your child will be participating in a graduation ceremony
 - encouraging feelings of pride as your child moves on to a new place of learning at a day program or at a workshop.



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