



**Virginia Intercommunity Transition Council**  
A COMMUNITY OF PRACTICE

**VITC**

Transition Services for Students with Disabilities

## **Training Options after High School**

Developing and maintaining skills is a process we all learn through training. With support from teachers, adult agencies and families students may start or continue training after high school. Students receiving special education services participate in the development of postsecondary training goals in their transition IEPs by age 14 or earlier if appropriate.

Transition assessments are used to help a student determine what his or her strengths, interests, preferences and needs are. The data provided using *training* measures allow students and IEP teams to design postsecondary goals and/or correlating transition services in potentially all arenas of adult life. Postsecondary training may be required first for students to achieve postsecondary goals. Additionally, training may be required to enable students to access adult services that will support them in post-school environments.

### **Postsecondary training options may include, but are not limited to:**

- Integrated employment
- Vocational/technical education
- Continuing and adult education
- Two- or four-year college/university coursework
- Community participation and socialization
- Independent living skills
- Apprenticeships; on-the-job training

### **What are some questions students might ask regarding postsecondary training?**

- Are there specific costs involved?
- Am I eligible to receive financial assistance to cover costs?
- What are the technical skills required?
- What documentation of my disability is required?
- How long will the program last?
- Will I receive a salary during this training?
- Is there a proficiency test to determine eligibility?
- Who will be my direct supervisor or support person?

### **When should you begin planning for postsecondary training?**

Students should start planning in middle school and use the results from their age appropriate transition assessments to guide decisions. Career planning might include understanding the relationship of coursework to desired occupations. Students may benefit from participation in community and employment exploration. During high school students may participate in internships and paid employment or community-based skill development.

**What are some resources to help plan for postsecondary training?**

- General and special education teachers
- Guidance counselors
- Career counselors
- Federal, state and local agencies
- Employers
- Virginia Workforce Centers
- Adult agencies

For more information, contact your local Special Education Director, local [Department for Aging and Rehabilitative Services - Division of Rehabilitative Services](#) or the [Virginia Department of Education](#).

Take the steps to person-centered thinking  
**ASK, LISTEN, RESPECT, COMMIT!**