

Transition Activities Mapping Tool

Please review the following possible activities/instruction that could be included in the Transition Plan of the IEP (note the corresponding Executive Function skills). These activities should be coordinated among educators and service providers. Teachers who provide these activities can indicate by writing the class/course name. If a student with an IEP is in a particular class listed below, that teacher could be helpful in providing the activity needed for progress in post-secondary goals.

Employment		
Activity:	Executive Function Skill:	Class/Course Name:
Create and update a digital résumé and career portfolio	Organization, Planning	
Compare a completed career interest inventory results with labor market data	Self-Monitoring, Decision Making	
Research three careers and develop a presentation comparing wages, education requirements, and job outlook	Planning, Working Memory	
Participate in mock interviews with peers, staff, or community volunteers	Emotional Regulation, Cognitive Flexibility	
Complete online job applications and create professional email accounts	Organization, Task Initiation	
Practice workplace communication through role-playing workplace scenarios	Self-Regulation, Problem Solving	
Develop a weekly work schedule using a digital calendar	Time Management	
Participate in school-based enterprises or classroom jobs	Task Initiation, Self-Monitoring	
Learn to use AI and digital tools appropriately for workplace productivity	Cognitive Flexibility	
Analyze workplace expectations (attendance, teamwork, professionalism) using real employer examples and create a presentation to share	Self-Monitoring	
Create a transportation plan to a potential workplace	Planning, Problem Solving	

Participate in job shadowing (in person or virtual) and reflect on experiences	Reflection, Organization	
Use a task checklist to complete multi-step work simulations	Working Memory	
Learn how to request accommodations and workplace supports	Self-Advocacy	
Develop a personal employment action plan with short- and long-term goals	Goal Setting	
Practice following visual schedules	Organization	
Participate in job shadowing experiences	Planning & Prioritizing	
Practice requesting help and responding to supervisors to build communication skills	Self-Advocacy	
Work with VR counselor to explore supported employment services	Planning & Prioritizing	
Practice using assistive technology or visual support to complete tasks	Cognitive Flexibility	
Practice building stamina by increasing time in structured work activities	Self-Monitoring	

Education/Training		
Activity:	Executive Function Skill:	Class/Course Name:
Complete ACT prep sessions	Planning & Prioritizing	
Research and apply for scholarships, both general and specific to field of interest	Planning	
Develop organizational system to keep up with assignments and homework	Task Initiation, Organization	
Prepare to attend College Bound Arkansas for college prep activities	Planning & Prioritizing	
Practice following visual schedules	Organization	

Practice using assistive technology or visual support to complete tasks	Cognitive Flexibility	
Research colleges, technical schools, apprenticeships, military options, and credential programs	Planning	
Compare admission requirements for postsecondary programs	Organization	
Create a timeline for college, training, or certification applications	Time Management	
Practice completing online applications and FAFSA simulations	Task Initiation	
Develop self-advocacy scripts for requesting accommodations	Self-advocacy	
Participate in student-led IEP meetings	Planning, Self-Monitoring	
Explore non-traditional post-secondary education programs	Planning & Prioritizing	
Tour colleges of interest and report on programs and requirements	Planning & Prioritizing	
Create a personal learning profile identifying strengths, needs, and supports	Self-Awareness	
Use digital tools to organize assignments and deadlines	Organization	
Practice study strategies for different learning situations	Cognitive Flexibility	
Attend college or career fairs and summarize findings	Working Memory	
Meet virtually or in person with Disability Support Services staff	Communication	
Develop a semester planning calendar with major deadlines	Time Management	
Create a scholarship search plan and application tracker	Organization	
Practice note-taking and information management strategies	Working Memory	
Develop and monitor personal academic goals using progress charts	Self-Monitoring	
Complete a capstone project related to a future career pathway	Planning, Persistence	

Independent Living & Community Participation

Financial Literacy Activity:	Executive Function Skill:	Class/Course Name:
Create a monthly budget using realistic income and expenses	Planning	
Compare costs of housing, transportation, and food options	Decision Making	
Use banking apps to practice monitoring spending	Self-Monitoring	
Learn digital payment methods and online banking safety	Organization	
Complete a financial goal-setting activity	Planning	
Compare cell phone, insurance, and subscription plans	Problem Solving	

Health & Wellness Activity:	Executive Function Skill:	Class/Course Name:
Schedule a mock medical appointment online	Task Initiation	
Create a personal health information card	Organization	
Use medication reminder apps or digital calendars	Working Memory	
Develop a wellness plan including sleep, nutrition, exercise, and stress management	Planning	
Practice explaining health needs to healthcare providers	Self-Advocacy	
Identify trusted adults and emergency contacts	Organization	
Practice personal safety and basic first aid	Problem Solving	

Housing & Home Management Activity:	Executive Function Skill:	Class/Course Name:
Learn to wash/clean clothing	Task Initiation, Problem Solving	

Compare housing options using online listings	Decision Making	
Analyze lease agreements and tenant rights	Problem Solving	
Develop a household chore schedule	Time Management	
Create a grocery list and meal plan for one week	Planning	
Follow recipes and evaluate outcomes	Self-Monitoring	
Practice household maintenance checklists	Organization	
Learn steps to acquire utilities	Organization	
Explore supported living options	Planning & Prioritizing, Decision Making	

Transportation Activity:	Executive Function Skill:	Class/Course Name:
Plan routes using GPS and transportation apps	Planning	
Compare transportation options for work and school	Problem Solving	
Practice reading schedules and maps	Working Memory	
Create a transportation backup plan	Cognitive Flexibility	
Use ride-share or public transit simulations safely	Decision Making	

Community Participation Activity:	Executive Function Skill:	Class/Course Name:
Explore resources at the public library	Planning	
Identify community resources that support personal goals	Planning	
Participate in volunteer opportunities	Task Initiation	

Attend community events and reflect on experiences	Self-Monitoring	
Explore recreation and leisure opportunities that match interests	Decision Making	
Develop a personal community resource guide	Organization	
Participate in civic engagement activities (voting education, advocacy, service learning)	Self-Advocacy	
Visit adult service providers in the community and explore services	Planning, Decision Making	

Cross-Domain

These activities can be used under any domain.

Activity:	Executive Function Skill:	Class/Course Name:
Lead/help facilitate an IEP meeting	Self-Advocacy, Planning	
Create a vision board or digital future plan	Goal Setting	
Maintain a digital planner/calendar	Organization	
Conduct weekly progress reviews	Self-Monitoring	
Develop problem-solving flowcharts for real-life situations	Problem Solving	
Use reflection journals after community or work experiences	Metacognition	
Practice requesting accommodations and supports	Self-Advocacy	
Use checklists and rubrics to evaluate performance	Self-Monitoring	
Learn emotional regulation strategies for school, work, and community settings	Emotional Regulation	
Participate in peer mentoring or leadership opportunities	Cognitive Flexibility	
Develop a personal transition portfolio	Organization, Planning	