

# Ready Set Go: A Transition Inventory



This inventory belongs to: \_\_\_\_\_  
(Student Name)

School: \_\_\_\_\_ Room: \_\_\_\_\_

Teacher: \_\_\_\_\_ Period: \_\_\_\_\_

Results: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Top three interests: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Top three strengths: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Top three career interests at this time: 1. \_\_\_\_\_

2. \_\_\_\_\_ 3. \_\_\_\_\_

# Instructions

Ready Set Go: *A Transition Inventory* will provide you with information that will contribute to the creation of Individual Transition Plans for students at age 14 years old or for other planning profiles that may help students gain awareness of potential areas for educational planning, career interests, and independent living needs.

The scoring procedures for this instrument are listed below. This instrument may be used as a basis for transition planning and/or as a unit of activities and lessons.

## **All About Me**

Interests: "Things I Like"

This section provides students with an opportunity to select activities or careers that represent their interests:

### Procedures

- Have the students place a checkmark next to activities or careers they like to do or may like to do.
- Students will then circle and number their top three choices of the items selected.

Strengths: "Things I am Good At"

This section allows students to identify their strengths.

### Procedures

- Have the students place a checkmark next to items that describe some of their strengths.
- Students will then circle the strength that describes them best.

## **Education/Training**

This section will assist in identifying the educational/training post-secondary goal(s) of the student. It answers several questions that include identifying college aspirations and employment interests. The student selects the option that is most closely aligned to their education/training preference.

## **Employment**

This section will assist in identifying employment goal(s) for the student.

### Procedures

- Have the students check all answers that apply to their work-related interests.
- Have the students indicate their top career interest.

## **Independent Living**

This section will assist in identifying the Independent Living post-secondary goal(s) of the student. This section covers various areas:

- Future living arrangement
- Finances
- Community safety

## **My Plan for Improvement**

This section provides the student with an opportunity to self assess academic skills, and identify employment and independent living needs.

# All About Me

## Interests: "Things I Like"

Directions: 1) Check all the activities that you like to do;  
2) Next, circle your top three interests and number them 1,2,3;  
3) On the next page list any other things that interest you that are not already on this list.

### Physical Activity/Sports/Outdoors

- Playing Sports
- Camping, hiking
- Swimming
- Bicycling
- Exercising/working out
- Running & Walking
- Dancing
- Gardening/planting
- Skateboarding
- Carpentry

### Medical/Health Field

- Caring for elderly people
- Nurse or health care aide
- Working in a Doctor's Office
- Working in a hospital
- Working as a family counselor
- Dentist/dental assistant
- Do laboratory tests
- Working in a pharmacy
- Sports medicine

### Mechanical/Repairing/Construction

- Auto mechanic
- Auto body repair and paint
- Building Houses
- Fixing leaky sinks and pipes
- Driving dump trucks/bulldozers
- Fixing electrical things
- Building furniture or cabinets
- Laying floors (tile, wood, carpet)
- Designing homes or buildings

### Computers/Clerical/Office

- Word processing/typing
- Computer graphics
- Computer programming
- Computer repair
- Working in a Bank
- Answering telephones
- Working in an office
- Working in a Post Office
- Video game design/testing

### Arts, Media, Fashion

- Acting
- Working in movies/television
- Designing & painting signs
- Music (playing, singing)
- Dance in a theater or play
- Artist (painting, drawing, pottery, jewelry)
- Cartoon animation
- Hair, make-up, nails
- Fashion/Clothing design

### Other Interesting Careers

- Selling in a store
- Cooking & baking
- Working in a restaurant
- Go into the Military
- Police officer or firefighter
- Working in a law office
- Driving delivery van, bus, taxi
- Education (teacher or aide)
- Work with animals

## Strengths: "Things I am Good At"

Directions: Check the things you do well. Next, circle your top three strengths and number them 1,2,3.

- |                             |                           |                                |
|-----------------------------|---------------------------|--------------------------------|
| _____ Get along with others | _____ Follow directions   | _____ Drawing or Painting      |
| _____ Good listener/friend  | _____ Complete my work    | _____ Take care of others      |
| _____ Computers/Video games | _____ Be on time          | _____ Build or fix things      |
| _____ Play an instrument    | _____ Organized and neat  | _____ Using my imagination     |
| _____ Sing                  | _____ Do things on my own | _____ Reading or Math          |
| _____ Ask for help          | _____ Enjoy learning      | _____ Write stories, poems etc |
| _____ Polite                | _____ Good leader         | _____ Sports/Athletic          |
| _____ Good Student          | _____ Honest              | _____ Good sense of humor      |

**List other interests here (other things I like to do):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**List other strengths (other things I am good at):**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

# Education/Training

People who only complete high school don't earn as much as people who continue their education. People who get job training or go to college earn more than people who only complete high school. The more education or training you get, the more money you are going to earn. How far do you plan to go? Check any of the following statements that apply to your plan:

## Examples of careers:

HIGH SCHOOL GRADUATE	OCCUPATIONAL TRAINING	COLLEGE OR UNIVERSITY
◇ Food service worker	◇ Chef	◇ Teacher
◇ Gardener	◇ Plumber	◇ Registered nurse
◇ Meter reader	◇ Auto Mechanic	◇ Computer systems analyst
◇ Grocery checker	◇ Cosmetologist/barber	◇ Accountant
◇ Cashier	◇ Dental hygienist	◇ Scientist
◇ Animal care assistant	◇ Licensed vocational nurse	◇ Physical Therapist
◇ Travel agent	◇ Massage therapist	◇ Emergency medical technician
◇ Seamstress	◇ Computer operator	◇ Stock broker
◇ Construction worker	◇ Actor	◇ Lawyer

My plan is to graduate from high school.

## After high school, I plan to:

- Go to work right after high school
- Get on-the-job training or attend an occupational center
- Go to community college
- Go to a four-year college or university
- Get an advanced degree, such as a master's or doctorate
- I want to join the military

## Other options I am considering:

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# Employment

Complete this sentence.

**“I would like to work...”**

Check ✓ all that apply.

- |                              |                             |                          |
|------------------------------|-----------------------------|--------------------------|
| ◇ With People                | ◇ Learning to do new things | ◇ With kids              |
| ◇ Outside                    | ◇ At a park                 | ◇ At the movies          |
| ◇ Inside                     | ◇ At a market               | ◇ At an amusement park   |
| ◇ At a store                 | ◇ In a hospital or clinic   | ◇ Near my home           |
| ◇ 2 or 3 days a week         | ◇ With old people           | ◇ At a mall              |
| ◇ Every day                  | ◇ With animals              | ◇ Building things        |
| ◇ By myself                  | ◇ At a shoe store           | ◇ At a hotel             |
| ◇ In an office               | ◇ As a lifeguard            | ◇ At an ice cream parlor |
| ◇ Selling things             | ◇ At a department store     | ◇ With cars              |
| ◇ Fixing or repairing things | ◇ Installing things         | ◇ With computers         |
| ◇ With numbers               | ◇ With food                 | ◇ With tools             |
| ◇ With clothes               | ◇ At a school               | ◇ With music             |

## My Career Interest:

Top Career Interest is : \_\_\_\_\_

I have watched someone perform this job.                      Yes              No

I know someone who does this job.                                      Yes              No

I would like to visit a place where people do this job.              Yes              No

I know how much training I need to do this job.                      Yes              No

# Independent Living

When I grow up, who will I be?



There are no wrong answers! Check “✓” all answers that apply to the things you know and do.

## Where will I live?

- ◇ I will live by myself.
- ◇ I will live with my parents or family.
- ◇ I will live with friends.
- ◇ I will live with someone who will help me.

## I know how to stay safe!

- ◇ I check for traffic before I cross a street, alley or driveway.
- ◇ In the car I lock the doors and fasten my seatbelt.
- ◇ I know who and where to call in an emergency.
- ◇ I ride my bike with the traffic.
- ◇ I follow the traffic rules when I ride a bike.

## I know how to get around!

- ◇ I know how to catch the bus to the mall.
- ◇ I can use the MTA to get almost anywhere.
- ◇ I can walk to school if I had to.
- ◇ I know how to use a map or navigation unit.

## I am an involved young person in my community!

- ◇ I help others whenever possible.
- ◇ I take items I find to the lost and found department.
- ◇ I know how to make an appointment with my counselor.
- ◇ I can order a pizza or other item on the telephone

## I know my finances!

- ◇ I can pay for things I buy without others counting my money for me.
- ◇ I save a little money in my bank.
- ◇ I try on clothes before I buy them.
- ◇ I can easily count my money and make change
- ◇ I know how to budget my money.

## I have kitchen/cooking skills!

- ◇ I know how to wash dishes.
- ◇ I can chop vegetables.
- ◇ I can make a sandwich.
- ◇ I always wash my hands when I am in the kitchen.
- ◇ I can shop for groceries
- ◇ I know how to follow a recipe
- ◇ Sometimes I cook for myself and others

## This is how I have fun.

- ◇ I go to the park or movies.
- ◇ I play sports like basketball or soccer.
- ◇ I enjoy reading for pleasure.
- ◇ I enjoy playing or singing music.
- ◇ I attend sporting events.
- ◇ I stay after school for club meetings.
- ◇ I spend time with my pets.

# My Plan for Improvement

## Academic Skills:

◇ In reading, I need to improve in (reading comprehension, sounding out words etc.)

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◇ In writing, I need to improve in (spelling, completing sentence etc.)

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◇ In math, I need to improve in (fractions, word problems, algebra etc.)

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## Employment:

To get ready for my chosen occupation, I need to (✓ those that apply):

Follow directions better

Work better with other people

Improve in following rules

Interview someone who does the job

Attend a career fair

Other \_\_\_\_\_

## Independent Living:

To get ready to live on my own, I need to (✓ those that apply):

Practice keeping a bank account

Practice cooking

Improve in housekeeping

Practice shopping for groceries

Other \_\_\_\_\_

## Notes:

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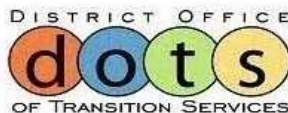
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