



WHAT I WANT TO DO AFTER HIGH SCHOOL

Name:

Grade Level:

WHAT DO I WANT AFTER HIGH SCHOOL?

1. What do I want my life to look like in the year or so after high school?
2. Describe a day in that life.

EMPLOYMENT

3. What is your goal for employment after graduating high school?
 - a. What careers have you considered?
 - b. What interest surveys have you taken? If none, when can you arranged to take one?
3. What interests you about this career or employment field?
4. Are there any challenges you are facing in the classroom or workplace (if you're currently employed) that you would like help with?

EDUCATION AND TRAINING

5. What do you plan on doing for education after graduation? (Example: University, Community College, Vocational School, Certificate Programs, Internship etc.)
6. What are you interested in learning more about, while in high school, to help you prepare for your education/ training upon graduation?

OTHER PLANS

7. What are you planning to do right after graduation?

8. Where will you live?

9. How will you pay expenses?

10. What are your plans for work, if any?

11. What will you do to prepare for the work world if you are not currently employed?

HOBBIES / INTERESTS / EXPLORATION

12. What hobbies and interests do you have outside of school?

13. Are you involved in any clubs or sports in or outside of school?

14. Are there any hobbies, careers, or schools you have heard of and might like to know more about?

SUPPORT SYSTEM

15. What family members will you rely on as you move into your independence? If no immediate family, who in your life fills this role?

16. With which friends do you plan to stay in contact? How will you manage to get together or stay in touch? How can you make new friends (work, community activities, college, mutual volunteering)?

SUPPORT SYSTEM CONTINUED

17. Who can you rely on in the work or education worlds (what older adults)?

18. How will you let them know that they are important to you as you transition into independence?

19. What activities will you rely on to keep you fit, less stressed, happy?

20. What might you do to be generous or volunteer?

21. Because gratitude can keep us grateful and our brain happy, who might you send gratitude texts to several times a day and have them return texts?

22. What will you do to keep your spirits up? Meaning, how will you connect to the larger world, such as attend religious events, go outdoors, meditate, etc.?

23. Who will you contact with a health issue, including mental health issue?

As you move away from home and/or traditional support, you may experience some “grief” related to the loss of what you have always known. Be sure to get help if this becomes overwhelming.

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