# **State Services for the Blind**

# **Sophomore Year Transition Timeline**

## Please read the Freshman Year Transition Timeline if you haven’t already done so. This timeline builds on previous years and expands on specific areas. Contact SSB and your IEP team to engage in any activities or training listed below.

## Sophomore Year Activities:

* Maintain contact with SSB and engage in activities for skill development.
* Locate and memorize your Social Security Number to build independence and prepare for future paperwork or job applications.
* Participate actively in IEP transition planning with your case manager and IEP team. Invite SSB and other community partners to your annual IEP meeting to ensure comprehensive planning.
* Complete an interest inventory to identify career paths that align with your interests. Review the results with your SSB counselor to explore interests, aptitudes, values, and possible career opportunities.
* Begin detailed exploration of career pathways and related educational or training requirements. Conduct informational interviews with professionals in careers that interest you. If your career goals require a college degree, research potential colleges and majors.
* Increase daily living skills by working on independent life skills. These can include arranging transportation, handling money, cooking, cleaning, and laundry. Consider asking your parents to support you in developing these skills at home.
  + Complete an independent living evaluation through SSB to assess your current abilities and identify areas to focus on, such as cooking, personal organization, and laundry.
* Participate in extracurricular activities, hobbies, and work experiences to explore interests and build social skills.
* Plan summer enrichment activities with your parents, SSB, and teachers. Look for local resources and programs that support skill-building and independence.
* Explore enrolling in a summer program on campus or a summer transition program.
* Utilize APH's CareerConnect (<https://aphcareerconnect.org/>), an online resource offering employment information, career exploration tools, and job search guidance tailored for job seekers who are blind or visually impaired.
* Network with family members, friends, and acquaintances to learn about their jobs and the education or training required. This can give you insight into different career options.
* Consider accommodations you may need for future jobs due to your vision loss. Your SSB counselor can guide you in determining the skills, tools, and training to help you excel in specific fields.
* Complete an assistive technology assessment with SSB to build familiarity with new assistive technology and identify tools for specific academic or daily needs.
* Develop effective self-advocacy skills by learning to speak up for yourself and communicate your needs in the classroom and beyond. Practice self-advocacy in new contexts, such as explaining accommodations needed in specific settings. Taking the lead in your IEP meetings is an excellent way to practice self-advocacy.

Final Tips

* Building independence takes time and practice. Set small goals and work on them consistently.
* Celebrate progress. Recognize and appreciate each achievement, big or small, to stay motivated.
* Stay adaptable. Technology and tools continue to evolve, so be open to learning and trying new techniques.