

CHECKLIST

QUESTIONS? SEE YOUR GUIDANCE COUNSELLOR or RESOURCE TEACHER

Grade 11 Year:

- ❑ **Brainstorm future dream jobs/careers** by thinking about activities, skills, and areas that motivate you /that you enjoy
- ❑ **Choose courses in high school with a work focus:** Co-op, Dual Credit, Ontario Youth Apprenticeship Program (OYAP), Special High Skills Major (SHSM), and/or school transition programs based on your interests and needs
- ❑ **Learn more about your needs and/or disability** so that you can explain to others and play an active role in asking for support when needed
- ❑ Reach out to College and University **Welcome Centres/Future Student Centres** to start asking questions and finding out about programs and support options
- ❑ **Contact** community agencies, student groups and organizations that provide support to students
- ❑ **Participate** in career exploration and experiential learning opportunities to gain workplace experience and skills

Grade 12/12+ Year:

- ❑ **Decide on your future career option(s)** based on your strengths and interests (Are you heading to employment, an apprenticeship, college, or university?)
- ❑ **Find out how to apply** for post-secondary school (college or university) along with the specific courses and marks needed
- ❑ **Attend** career fairs, workshops, open houses, or meetings to get more information
- ❑ **Learn about accessibility/disability services** available at each college or university
- ❑ Find out what **documentation is needed** for support. and update as needed (an example would be if you needed to have a Psycho-Educational Assessment or a medical note)

Research Funding Options for post-secondary:

- ❑ Check your eligibility/apply for:
 - ❑ [OSAP](#) to see if you are eligible for additional funds for underrepresented students
 - ❑ Ontario [Bursary](#) for students with disabilities
 - ❑ [Canada Student Grant](#) for services and equipment
 - ❑ Apply for scholarships: [University](#), [College](#), and others specific ones like [LDAO](#) (Learning Disabilities Association of Ontario) or [Ontario Disability Awards](#)
- [Students in special circumstances](#)
- [Carol Shantz Bursary Award](#) for any current or alumni of KidsAbility
- [Disability awards](#)
- [Student Awards](#)
- [ScholarshipsCanada - Find Scholarships.](#)
- [Government of Canada site-financial aid/grants](#)
- [Ontario Disability Support Program](#)

Sources:

<https://www.edu.gov.on.ca/eng/document/policy/cps/creatingpathwayssuccess.pdf>
<https://education.easterseals.org/student-tips-for-transition-to-post-secondary-education/>
https://www.youtube.com/watch?v=PS_qnidqt5E
<https://hollandbloorview.ca/services/programs-services/post-secondary-school-transition-service-life-after-high-school>

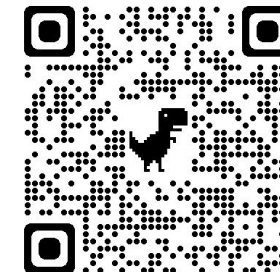
Post-Secondary Transitions Accessibility & Support Information



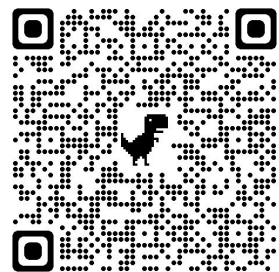
Scan the QR code to access the Life After High School Website



Scan the QR code to access the Graduation Brochure Website



Scan the QR code to access a digital copy of this pamphlet and to use the weblinks



PREPARATION

For College/University

SELF-ADVOCACY

RESEARCH

SELF-DISCLOSURE

SUPPORT

Self-advocacy means **you are able to ask for what you need** and want and tell people about your thoughts and feelings. Self-advocacy means:

- *you know your rights and responsibilities*
- *you speak-up for your rights*
- *you are able to make choices and decisions that affect your life.*

Consider the following and prepare:

- ☐ I have an **identified need** (communication, intellectual, medical and/or physical)
- ☐ I have an **Individual Education Plan (IEP)** AND/OR **use student support services**
- ☐ I know my academic strengths and needs
- ☐ I can **describe my need/disability** in detail
- ☐ I am taking high school courses that will get me into college/university and **meet program requirements**
- ☐ I have had meetings with my guidance teacher/resource teacher (SERT) or other person to **discuss what I need to do to prepare** for post-secondary school



The [Transition Resource Guide](#) for ONTARIO Colleges and Universities is an **online tool** to help all students, but specifically, to help students with disabilities gain the knowledge they need to access resources at college and university and make a successful transition to post-secondary education.

Consider tours/fairs to get more information:

- [Ontario Colleges Fair](#)
- [Ontario Universities Fair](#)
- [University Tours and Events](#)

Summer/Transition Preparation Programs:

These (and other options- ask your college/university) offer support to prepare you for your additional schooling.

- [University Student Transition Resources | Ontario Universities' Application Centre](#) provides information on preparatory courses.
- [C Success Summer Transition Program](#) is a summer transition program offered through Conestoga College
- [Summer transition programs and supports](#) for Algoma University, Brock University, Algonquin College and Cambrian College.

Once you have accepted an offer from a college or university it can take several weeks for accommodations to be arranged, so **book your appointment before the start of your first semester!**

Contact the **accessibility service office** at your post-secondary institution(s) of choice. Ask:

- **What documentation is needed to confirm your diagnosis?**
- Do they run a summer transition or orientation program?
- Are tutoring or mentoring programs available?

Campus Services	What they do...
Disability/Accessibility Services	Provide individualized support to students requiring specific learning and physical accommodations; summer transition programs for students with disabilities.
Program Coordinators and Academic Advisors	Can provide program information, course selection, advice, and connection to further educational or experiential opportunities.
Financial Aid Office	Provides information and support regarding financial assistance, OSAP, on-campus scholarships and bursaries.
Student Services	Provides on-campus counselling, mental health and medical services, connection to on-campus student groups and activities.
Tutorial Assistants (TAs)	Provide additional course teaching and instructional assistance in large, small group or individual sessions.
Student Success and Learning Centres	Provide access to tutoring assistance, writing and edition support, and general learning supports for all students.
Career Centre	Provides on-campus information about part-time and program related job opportunities, career planning, job fairs

In high school it is up to the student's parent or guardian to decide whether to disclose a disability/need; once students turn 18 they make this choice for themselves.

In order to receive accommodations you must contact the accessibility services office and disclose/self-identify as a student with a disability. YOU MUST TELL THEM IF YOU WANT TO ACCESS SUPPORT.

Note: You will not automatically receive the same accommodations at college or university that you received in high school.

Checklist of Documents That May Be Needed:

- ☐ Copy of most recent and **up-to-date Individual Education Plan (IEP)** from your high school. See your SERT (Special Education Resource Teacher) if you need a new copy.
- ☐ Copy of any **educational or psycho-educational testing results** that have been done. (Most would like one done within 3 years of graduation from high school)
- ☐ Updated medical notes/documentation.
- ☐ A **summary of your learning styles and what accommodations/strategies** you find most useful.
- ☐ A list of the **technologies/software you use.**
- ☐ Any other information that may prove useful to help you in school.