# Learning About Yourself
## Transition Assessment and High School Students

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<td><a href="http://www.ucl.arizona.edu/learning_style.php">http://www.ucl.arizona.edu/learning_style.php</a></td>
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<td>How Many Ways Are You Smart?</td>
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</table>
| Management Strengths | Study Skills Checklist for all ages, from Virginia Tech University  
|                     | Organization Tips for Parents to Help Their Children  
|                     | [http://www.ucl.arizona.edu/mslq.php](http://www.ucl.arizona.edu/mslq.php)  
|                     | Motivated Strategies for Learning |
| Employment          | JIST Publishing  
|                     | [http://www.onetcenter.org/IP.html](http://www.onetcenter.org/IP.html)  
|                     | Online interest inventory for upper elementary, high school, and adults  
|                     | [http://www.jist.com/shop/web/content/schools-k-12](http://www.jist.com/shop/web/content/schools-k-12)  
|                     | Jist Publishing offers multiple career exploration, transition-to-work, job search attitudes and readiness for postsecondary education.  
|                     | [http://www.youthhood.org/jobcenter/bw_index.asp](http://www.youthhood.org/jobcenter/bw_index.asp)  
|                     | The Job Center has information and surveys to help students learn about the world of work  
|                     | [http://www.bls.gov/k12/index.htm](http://www.bls.gov/k12/index.htm)  
|                     | Bureau of Labor Statistics website to help children, K-12, to learn about careers and determine personal interests  
|                     | [http://www.tea.state.tx.us/curriculum/achieve/index.html](http://www.tea.state.tx.us/curriculum/achieve/index.html)  
|                     | Achieve Texas: designed to help students make wise career choices. Divided into the 16 Department of Labor Career Clusters |

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| **Student Strengths** | Progress/Report Card PLAAF  
Student & Parent Input Teacher Observations | Information from these sources can be used to identify strengths, needs, preferences and interests for transition planning |
|---------------------|------------------------------------------|------------------------------------------------------------------------------------------------|
| **Extra-Curricular Participation** | School Play/Choir/Band  
Sports  
Scouting  
Clubs  
Church/Community Volunteer Work | Participation in extra-curricular activities develops natural supports for students that generalize to the academic environments. Students learn teamwork, social skills, leadership skills, along with perseverance and goal setting. Students who participate in extra-curricular activities in elementary are more likely to continue in secondary grades. Students who struggle academically often view extra-curricular participation as the balance to their daily struggles. |
| **Independent Living Skills** | KU Self-Determination  
Vineland FACES  
Student/Parent Survey Personality Inventory Scale of Independent Behaviors |  
http://www.caseylifeskills.org/pages/assess/assess_aclsa.htm  
The ACLSA I & II are for students ages 8-12  
http://www.cenmi.org/msdb-LIO/ILS.asp  
Michigan Department of Education checklist and guides. Designed for students with visual impairments but skill sets apply to all children.  
The Arc Self-Determination Scales link from the Beach Center at the University of Kansas. |
| **Postsecondary Education** | Texas Higher Education Assessment (THEA)  
ACT/SAT |  
http://www.thea.nesinc.com/practice.htm  
This is the portal to take the free online THEA practice tests. Most community colleges and universities also have links to the practice tests on their websites  
http://www.testprepreview.com/accuplacer_practice.htm  
Know which placement test is required for the institution of higher education the student plans to attend. Use that practice test to help address transition to postsecondary education.  
This is the site for the ACCUPLACER.  
http://www.testprepreview.com/compass_practice.htm  
This is the site for the COMPASS placement test |
| **Multi-Faceted Assessments** | Transition Planning Inventory (TPI)  
Enderle-Severson Transition Rating Scale (ESTR) Futures Planning/Person-Centered Planning | Many of these assessments address more than one area. For example, The TPI addresses employment, academics, independent living, etc.  
http://www.mapping-your-future.org/MHSS/  
Mapping the future for employment and/or postsecondary education  
http://www.estr.net/index.cfm  
Enderle-Severson Transition Rating Scale (ESTR-III: J Version=Mild; Peach=MR & Moderate to Severe; S Version=Severe/Multiple Impairments. |