



District Office of Transition Services

Los Angeles Unified School District

STUDENTS/PARENTS

TEACHERS

TRANSITION RESOURCES

Search



Students/Parents

Welcome to our DOTS website! In addition to this section, you might find the "What is DOTS?" tab at the top of the home page helpful.

Transition is the lifelong process of individual evolution, growth and development. Transition is a part of our lives from birth through adult life, but DOTS focuses mostly on the transition from high school to successful adult living.

It is never too early to start preparing for the transition to adult life. Parents, provide your son or daughter with choices so they can practice decision making. Promote their independence by gradually having them take over parts of chores or entire chores around the house. Students, below is a chart with ideas for activities you can do at different grade levels.

[Assessments](#)

[Turning 18](#)

[Completing High School](#)

Elementary School	Middle School	High School
Assist with chores at home, such as dishes, folding laundry and making the bed. Increasingly take over your personal care: set out clean clothes for yourself the night before, make sure you are well groomed (nails cut, hair brushed, body washed), etc.	Increase your responsibilities at home. Assist with additional chores, supervise younger siblings, begin to practice cooking simple meals, etc.	Take a class at an Occupational or Skills Center for credit. You will learn a valuable vocational skill and get to try something new. You can also take classes for free at Community colleges with your counselor's permission. Taking these classes now will save you money and help you get ahead.
Prepare for the transition to Middle School by taking a tour with classmates or parents, meeting the teachers you will have, and asking the school to find you a peer buddy who can provide support in your initial days at the school.	Prepare for the transition to High School by taking a tour with classmates or parents. Take time to learn how credits work (it's different than middle school), and make sure you several adults you can go to if you need help.	Visit colleges and/or programs that you might be interested in attending after high school. It's great to visit these programs early (9th or 10th grade) so you have plenty of time to meet the requirements they may have.
Spend at least a part of the school day integrated in a classroom with non-disabled peers.	Take charge of a portion of the grocery list. Plan a meal, list the ingredients, and try to find them in the store while remaining under budget.	Get involved in clubs or activities at school. They can help you make friends with common interests, connect you to teachers and staff who care about you, and can help develop your social skills.
Have parents or teachers or another adult teach you how to shake hands properly and make eye contact.	Talk to the adults in your life about work. What do they do for a job? What do they like about it? What don't they like? This will help you begin to think about what you are looking for in a job.	Research careers of interest as much as possible. Look up information online. Find out what skills/experience employers look for when hiring for that job and work on developing them. Work up the courage to speak to people who have those jobs and find out more about what it is like.
Practice speaking up for yourself in class when you need help. Likewise, think of your own list of questions or concerns for you annual doctor visits and ask the doctor questions yourself.	Practice taking public transportation with a trusted adult. Have them make you the person in charge of figuring out which bus to take and which stop to get off at. You might also find directions to a destination and give them to an adult driving you around. This can help you learn the neighborhood streets and how to get around someday when you are the one driving.	Read and understand your IEP with the help of an adult. What is your disability? What accommodations are written in to help you? Are you getting the accommodations you need? This is a great time to take more responsibility for your education.
Practice counting change, and begin saving money to work towards a bigger goal.	Begin to volunteer at a community agency or assisting a trusted neighbor on your street. It might lead to paid work, and even	Practice interviewing skills with your DOTS teacher or an adult at home. Interviewing is a skill that takes time and practice to develop.