

# Guide to the Learning Expectations

Learning expectations define the topics all youth in transition should explore as a part of consistent high-quality transition planning.



## 1 My best life

- [Self-awareness](#)
- [Developing a vision](#)
- [Advocating for a best life](#)
- [Planning for a best life](#)

## 2 In(ter)dependent living

- [Daily life](#)
  - Managing your home
  - Nutrition and meal preparation
  - Clothing care
  - Managing appointments
  - Managing mail and deliveries
  - Telephone use and etiquette
  - Digital literacy
- [Community living](#)
  - Home
  - Transportation
- [Money](#)
  - Income sources
  - Money management
- [Healthy living](#)
  - Well-being
  - Health care benefits
  - Relationships and sexuality
  - Parenting skills
- [Safety](#)
- [Recreation](#)
- [Advocacy and supports](#)
  - Self-advocacy
  - Assistive technology
  - Decision making
  - Civic responsibility
  - Services and supports

## 3 Employment

- [Career exploration](#)
  - Gain self-awareness
  - Explore occupations and career possibilities
- [Work-based learning](#)
- [Benefits planning](#)
- [The job process](#)
  - Find available jobs
  - Develop interview skills
  - Understand the application process
  - How to advance in a job
  - How to leave a job
- [Skills for success](#)
  - Understand work ethics
  - Demonstrate appropriate hygiene, grooming and workplace dress
  - Build interpersonal skills
  - Build communication skills
  - Build job readiness skills
- [Advocacy and supports](#)
  - Self-advocacy in the workplace
  - Disclosing a disability
  - Accommodations and assistive technology
  - Employment services and supports

## 4 Postsecondary education and training

- [Postsecondary options](#)
- [Campus visits](#)
- [Enrollment](#)
  - Enrollment requirements
  - Entrance exams
  - Applications
  - Essays and resumes
- [Financial aid](#)
- [Skills for success](#)
  - Differences between high school and postsecondary education and training
  - Practical learning strategies
- [Advocacy and supports](#)
  - Self-advocacy in postsecondary education and training
  - Accommodations and assistive technology
  - On-campus supports
  - Rights and responsibilities
  - Other postsecondary education and training services and supports

**LEARN MORE:** Organized by the four learning topic categories, the Support Youth section of the Youth in Transition Toolkit has information, resources and tools professionals can use to support youth in meeting the learning expectations. Visit [disabilityhubmn.org/YIT-toolkit](https://disabilityhubmn.org/YIT-toolkit)