

# I'm Determined!

## Understanding and Preparing for My IEP

Name: \_\_\_\_\_



# What is My IEP?

- ❑ My Individualized Education Program (IEP) is a roadmap to help me reach my goals.
- ❑ Being a part of my IEP allows me to have a voice in decisions affecting my education.



All IEPs for students 16 years and older include the following parts:

1. Present Level of Performance
2. Accommodations
3. Annual Goals
4. Services
5. Postsecondary Goals
6. Diploma Status
7. Participation in Statewide Testing
8. Transition Services
9. Interagency Linkages
10. Age of Majority

# Understanding the Parts of My IEP!

## **Present Level of Performance:**

This part lists my preferences, interests, strengths and needs and may include a variety of academic and age appropriate transition assessment scores and explanations, observations, comments from me, teachers, parents/guardians, and others.

## **Accommodations:**

How schools and my teachers adapt, adjust, or change the physical environment, instruction, or services for me so that my disability does not affect my learning. These accommodations are based upon my special needs.

## **Annual Goals:**

What I intend to accomplish in one year.

## **Services:**

Special supports I will need to benefit from school and reach my goals.

## **Postsecondary Goals:**

These are goals that I have set for myself after I graduate/exit school. These goals are in the area of employment, education/training, and independent living/community participation.

## **Diploma Status:**

The type of diploma I am working to achieve. Diploma types include: advanced studies, standard, GED, certificate of program completion, modified standard, or special.

## **Participation in Statewide Testing:**

How I will be included in Virginia's statewide testing. This section of my IEP will include the accommodations that I will use during the testing.

## **Transition Services/Linkages:**

This section of my IEP will address the services that I may need to meet my postsecondary goals. Identification of agency responsibilities and linkages are also included in this section.

## **Age of Majority:**

The legal age of majority in Virginia is 18 years of age.



# Understanding and Participating in My IEP!



## Present Level of Performance:

*Read the Present Level of Performance section in your current IEP with your teacher or parent/guardian and answer the following questions:*

1. What questions do I have concerning my current Present Level of Performance?

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2. Does the Present Level of Performance section describe:

My strengths?

Yes or  No

My interests/preferences?

Yes or  No

My weaknesses or needs?

Yes or  No

How my disability affects me in the classroom?  Yes or  No



*Please answer the following questions so this information can be included in the Present Level of Performance in your new IEP:*

1. What are my academic strengths?

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2. What subjects are difficult for me? What frustrates me about school?

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**Present Level of Performance: (Continued)**

**3. How do I learn the best?**

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**4. How do I feel about school?**

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**5. In the past year, how were my grades, attendance, and behavior?**

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**6. What are some of my interests and hobbies? What do I enjoy doing on the weekends?**

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**7. What do I want others to know about me?**

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**8. What types of responsibilities do I have at home?**

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**9. Where have I worked (paid or volunteer positions)? What were my responsibilities at these jobs?**

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**10. What type of work do I enjoy and think I would be successful doing?**

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**Accommodations:**

*Read the Accommodations section in your current IEP with your teacher or parent/guardian and answer the following questions:*

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1. What accommodations are most helpful to me in the classroom?

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2. Are there any accommodations listed that I think I may not need?

Yes or  No (If Yes, please list them below.)

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3. Are there any accommodations that I think need to be added?

Yes or  No (If Yes, please list them below.)

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4. What accommodations do I think I will need after completing school (on a job site or in college)? Are these reasonable under the Americans with Disabilities Act?

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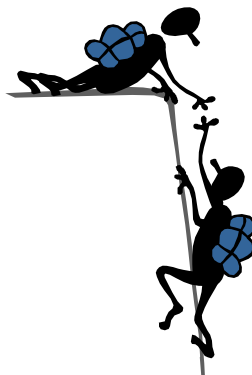
5. Do I understand how to access these accommodations after I complete school?

Yes or  No (If Yes, please describe below.)

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**Annual Goals:**

*Read the Annual Goals section in your current IEP with your teacher or parent/guardian and answer the following questions:*

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- 1. Do I know the annual goals that are included in my IEP?  Yes or  No
  - 2. Do I feel that I am getting close to meeting these goals?  Yes or  No
  - 3. Do I understand how my goals will help me reach my postsecondary goals?  
 Yes or  No

4. What goals do I want to be included in my next IEP?

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**Services:**

*Read the Services section of your current IEP with your teacher or parent/guardian and answer the following questions:*

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1. What special education services do I receive?

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2. Who helps support me at school?

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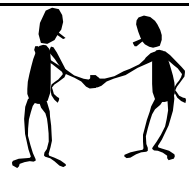
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3. What natural supports do I use in school or in a job setting?

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**Postsecondary Goals: (Continued)**

**3. Have I identified my postsecondary goal in the area of Community Participation/Independent Living?**

**Yes:**

- I want to include this goal in my new IEP.
- I want to change my community participation/independent living goal. My new goal for after high school is:

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**No:**

I need to think about where I would like to live and how I would like to participate in my community. Some questions I need to ask myself include:

- As an adult, do I want to live:
  - in my own home/apartment by myself or with my family.
  - in my own home/apartment with others.
  - in a group home/supported living arrangement.
  - in my parents'/guardians' home.
- I plan to access transportation in the community by:
  - obtaining my driver's license and buying my own car.
  - learning how to use public transportation.
  - I need specialized transportation.
- Do I know the clubs/groups/organizations/resources that are available in the community?
- Are there ways that I can volunteer or contribute to others in my community?
- How can I develop friendships in my community?
- Are there skills that I need to learn that will help me reach my community participation/independent living goals?
- Is my course of study helping me to reach my community participation/independent living goals?
- Will I need supports to achieve my goals in this area?

**Here are my thoughts:**

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**Diploma Status:**

*Read the Diploma Status section of your current IEP with your teacher or parent/guardian and answer the following questions:*

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1. Have I identified the type of diploma that I am working to earn? (\*\*Do not answer this question if you have not yet completed the eighth grade)  Yes or  No
  - Type of diploma \_\_\_\_\_
2. Do I understand the requirements I will need to meet to earn this diploma?  Yes or  No
3. Will the type of diploma I am working to earn meet the requirements of my postsecondary goals?  Yes or  No
4. I plan to graduate during the \_\_\_\_\_ school year.

**Participation in Statewide Testing:**

*Read the Participation in Statewide Testing section of your current IEP with your teacher or parent/guardian and answer the following questions:*

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1. Do I understand how I will be included in Statewide Testing?  Yes or  No
2. Do I know the accommodations that I will use to participate?  Yes or  No
3. Do I know the testing requirements of the type of diploma that I am working to earn?  Yes or  No

**Transition Services/Linkages:**

*Read the Transition Services/Linkages section of your current IEP with your teacher or parent/guardian and answer the following questions:*

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1. Are there any specialized services that are not included in my IEP that I believe need to be added?  Yes or  No (If Yes, please list them below.)  
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\_\_\_\_\_  
\_\_\_\_\_
2. Do I know how to contact the agencies/organizations/individuals that have been identified as transition linkages in my IEP?  Yes or  No

Transition Services/Linkages: (Continued)

3. Do I know the services these agencies/organizations/individuals can provide?

Yes or  No

4. Do I understand the difference between entitlement and eligibility?  Yes or  No

Age of Majority:

1. I understand that the legal age of majority in the State of Virginia is 18 years of age.

Yes or  No

## Learning More

*Read these two brochures with your teacher or parent/guardian:*

- Suggestions for Your Participation in the IEP Process
- What are My Rights as a Student with a Disability?

Here is a list of questions that I have about my IEP.

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Here is a list of suggestions for how I can participate in my IEP Meeting.

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