



Transition Planning & College Preparation

Transition planning helps students prepare for life after high school, whether that's for college, trade programs, work, or further exploration. As students approach junior and senior year, families often wonder, "What's next after AIM?" Each post-high school path typically requires more independence, including managing time with less structure, meeting new people, and navigating accommodations with unfamiliar systems.¹

Impact on student participation

Students receive expert support from the school and college counseling team to assist with academic and postsecondary transitions, including navigating classes and curriculum. Despite these supports, some students continue to experience challenges that would benefit from occupational therapy intervention.

Areas of need may include:¹

- managing deadlines, long-term projects, and time more independently
- using calendars, task lists, and routines without frequent adult prompting
- communicating needs to teachers and other adults
- understanding and describing the accommodations and strategies that help them
- balancing academics with self-care (sleep, meals, stress management)
- building relationships and support networks

How school-based occupational therapy can help

Occupational therapy practitioners support students' independence by focusing on the skills and routines needed for meaningful participation in new environments.

OT may:¹

- help students understand the accommodations and strategies they currently use and when they work best
- explore whether additional tools or routines could further support independence
- trial supports that may be helpful after AIM (organization systems, assistive technology, study routines, regulation strategies)
- practice self-advocacy, including how to request accommodations and communicate needs respectfully
- support executive functioning skills related to planning, prioritizing, and follow-through

- build routines for self-care and daily living skills that support learning and well-being

Contact

If you're interested in learning if OT services might be helpful for your child at AIM, please contact supportservices@aimpa.org.

Sources

1. Hutson MN, Holm SE, Horan KA. Partnering for Success: Reenvisioning the Undergraduate Student Transition Experience Through the Lens of Occupational Therapy. *Am J Occup Ther*. 2022;76(Suppl 1):7610505081p1. doi:10.5014/ajot.2022.76S1-PO81.