

## Self-Reflection Guide

**How has my understanding of the topic evolved?**

**What skills and understanding have I gained from this topic?**

### **A. Understanding & Awareness**

What new information did I learn about adult services, supports, or transition planning?

Which agencies or programs were new to me, and how might they support my child? What areas of the transition process still feel confusing or overwhelming?

### **B. Collaboration & Communication**

Who are the key people or agencies I need to connect with next?

How confident do I feel communicating with school staff and adult service providers?

What strategies or questions could help me advocate more effectively for my child's needs?

**C. Action Planning**

What are 2-3 action steps I can take in the next month to move my child's transition forward?

What meetings, forms, or assessments should I prepare for?

How can I include my child in planning decisions in meaningful ways?

**D. Reflection on Growth**

What am I most proud of in our transition journey so far?

What supports or resources would help me feel more empowered and informed?