FERNDALE HIGH SCHOOL · TRANSITIONS



My Transitions Portfolio

My Plan for the Future

My skills. My work. My life after school.

Vocational · Daily Living · Personal Life · Community · Take With Me

✏️ **Name:** _____

📖 What Is in My Binder ✏️ My name: _____

📖 **Front of my binder:** my cover ➡️ this page.
✅ Each tab starts with a big title page and my skills checklist.

Tab	Section	What goes here
💼 **Tab 1**	**Vocational** My jobs. My skills. My money.	📄 My Resume & Job Interests 🧰 Work Practice 💵 Money Skills
🏠 **Tab 2**	**Daily Living** Taking care of my home and me.	🧽 Home Care Skills 📱 Phone & Getting Ready 🦺 Safety at Home & Work
💛 **Tab 3**	**Personal Life** All about me. My body. My feelings. My choices.	🌟 All About Me 🍎 Health & Wellness 🤝 Feelings, Friends & Choices
🚌 **Tab 4**	**Community** Getting around town. Shopping. Having fun.	🗺️ Getting Around 🛒 Shopping & Eating Out 🎳 Fun in My Community
🎓 **Tab 5**	**Take With Me** My best stuff for after high school.	🏆 Final Resume & Best Work 🧭 My Transition Info 📇 My Contacts

🔁 Every month I add new work. ⭐ I pick my best work. 🎓 At the end, Tab 5 goes with me!



TAB 1

Vocational

My jobs. My skills. My money.

1A · My Resume & Job Interests

My resume. Jobs I like.

1B · Work Practice

Jobs I tried. Helping out.

1C · Money Skills

Counting money. Shopping lists.

⭐ **Color a star each time I add work here:**

☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

📚 Units: Employment & Career Exploration + Financial Literacy & Money
✅ Next page: my skills checklist.



TAB 2

Daily Living

Taking care of my home and me.



2A · Home Care Skills

Cleaning. Laundry. Dishes.



2B · Phone & Getting Ready

Using a phone. Picking clothes.



2C · Safety at Home & Work

Staying safe.

⭐ **Color a star each time I add work here:**

☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

📚 Units: Independent Living Skills
✅ Next page: my skills checklist.



TAB 3

Personal Life

All about me. My body. My feelings. My choices.



3A · All About Me

My One-Page Profile. My Goal Board.



3B · Health & Wellness

My healthy day.



3C · Feelings, Friends & Choices

Feelings. Friends. Good choices.

⭐ **Color a star each time I add work here:**

☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

📚 Units: Self-Advocacy & Goal Setting + Health, Wellness & Relationships
✅ Next page: my skills checklist.



TAB 4

Community

Getting around town. Shopping. Having fun.

4A · Getting Around

Maps. Signs. The bus.

4B · Shopping & Eating Out

Stores. Ordering food.

4C · Fun in My Community

Fun places to go.

⭐ **Color a star each time I add work here:**

☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

📚 Units: Community Navigation & Mobility
✅ Next page: my skills checklist.



TAB 5

Take With Me

My best stuff for after high school.

5A · Final Resume & Best Work

My resume. My best work.

5B · My Transition Info

My plan after school.

5C · My Contacts

People who can help me.

⭐ Color a star each time I add work here:

☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆ ☆

📚 Units: Finished work for graduation
✅ Next page: my skills checklist.

💼 My Skills: Vocational

✏️ My name: _____

✏️ Put a ✔️ in one box for each skill. 🌱 Not yet | 💪 Working on it | ⭐ I can do it

	I can...	End of Year 1 Date: _____			End of Year 2 Date: _____		
		🌱	💪	⭐	🌱	💪	⭐
	I finish a job task.	☐	☐	☐	☐	☐	☐
	I come to work on time.	☐	☐	☐	☐	☐	☐
	I ask for help at work.	☐	☐	☐	☐	☐	☐
	I look clean and ready for work.	☐	☐	☐	☐	☐	☐
	I can tell jobs I like.	☐	☐	☐	☐	☐	☐
	I say hi and answer at a job interview.	☐	☐	☐	☐	☐	☐
	I help make my resume.	☐	☐	☐	☐	☐	☐
	I know coins and bills.	☐	☐	☐	☐	☐	☐
	I can tell a need from a want.	☐	☐	☐	☐	☐	☐
	I pay and wait for my change.	☐	☐	☐	☐	☐	☐

💬 **Teacher note:**

_____

_____

🏠 My Skills: Daily Living

✏️ My name: _____

✏️ Put a ✔️ in one box for each skill. 🌱 Not yet 💪 Working on it ⭐ I can do it

	I can...	End of Year 1 Date: _____			End of Year 2 Date: _____		
		🌱	💪	⭐	🌱	💪	⭐
	I wash dishes by hand.	☐	☐	☐	☐	☐	☐
	I sort forks, spoons, and knives.	☐	☐	☐	☐	☐	☐
	I sweep a floor.	☐	☐	☐	☐	☐	☐
	I wipe a table clean.	☐	☐	☐	☐	☐	☐
	I sort and fold laundry.	☐	☐	☐	☐	☐	☐
	I make a bed.	☐	☐	☐	☐	☐	☐
	I put my things away.	☐	☐	☐	☐	☐	☐
	I call or text a safe adult.	☐	☐	☐	☐	☐	☐
	I pick clothes for the weather.	☐	☐	☐	☐	☐	☐
	I know what to do if there is an emergency.	☐	☐	☐	☐	☐	☐

💬 **Teacher note:**

_____

_____

💛 My Skills: Personal Life

✏️ My name: _____

✏️ Put a ✔️ in one box for each skill. 🌱 Not yet | 💪 Working on it | ⭐ I can do it

	I can...	End of Year 1 Date: _____			End of Year 2 Date: _____		
		🌱	💪	⭐	🌱	💪	⭐
💪	I can tell my strengths.	☐	☐	☐	☐	☐	☐
📚	I can tell what helps me learn.	☐	☐	☐	☐	☐	☐
🗣️	I can say "I need help" or "I need a break."	☐	☐	☐	☐	☐	☐
🎯	I can tell my goal.	☐	☐	☐	☐	☐	☐
🪥	I do my clean-body routine.	☐	☐	☐	☐	☐	☐
🥕	I pick healthy food.	☐	☐	☐	☐	☐	☐
✋	I give people space.	☐	☐	☐	☐	☐	☐
😊	I can name my feelings.	☐	☐	☐	☐	☐	☐
🤝	I can be a good friend.	☐	☐	☐	☐	☐	☐
🚦	I stop and think before I choose.	☐	☐	☐	☐	☐	☐

💬 **Teacher note:**

_____

_____

🚌 My Skills: Community

✏️ My name: _____

✏️ Put a ✔️ in one box for each skill. 🌱 Not yet | 💪 Working on it | ⭐ I can do it

	I can…	End of Year 1 Date: _____			End of Year 2 Date: _____		
		🌱	💪	⭐	🌱	💪	⭐
	I cross the street safely.	☐	☐	☐	☐	☐	☐
	I know signs in my town.	☐	☐	☐	☐	☐	☐
	I follow a map to get there.	☐	☐	☐	☐	☐	☐
	I ride the bus with a plan.	☐	☐	☐	☐	☐	☐
	I find things at the store.	☐	☐	☐	☐	☐	☐
	I order food and pay.	☐	☐	☐	☐	☐	☐
	I use good manners in public.	☐	☐	☐	☐	☐	☐
	I find fun things to do.	☐	☐	☐	☐	☐	☐
	I know who can help me in town.	☐	☐	☐	☐	☐	☐

💬 **Teacher note:**

_____

_____

🎓 My Skills: Take With Me

✏️ My name: _____

✏️ Put a ✔️ in one box for each skill. 🌱 Not yet 💪 Working on it ⭐ I can do it

	I can…	End of Year 1 Date: _____			End of Year 2 Date: _____		
		🌱	💪	⭐	🌱	💪	⭐
📄	My resume is done.	☐	☐	☐	☐	☐	☐
⭐	My best work is in my binder.	☐	☐	☐	☐	☐	☐
✅	My skills checklists are filled in.	☐	☐	☐	☐	☐	☐
📇	My contact list is done.	☐	☐	☐	☐	☐	☐
🧭	My plan for after school is in my binder.	☐	☐	☐	☐	☐	☐
🪪	I know where my ID is kept.	☐	☐	☐	☐	☐	☐
🗣️	I can show someone my binder.	☐	☐	☐	☐	☐	☐
🎓	I know my next step after school.	☐	☐	☐	☐	☐	☐

💬 **Teacher note:**

_____

_____

📄 My Resume

✏️ **My name:** _____

🌱 My resume grows! Add new jobs and skills every year. Circle with a pencil.

⭐ **I am good at:** (circle) ⏰ on time · 🤝 kind · 💪 hard worker · 🧹 neat · 👂 good listener · 📋 follow steps · 😊 friendly · 🔁 keep trying

❤️ **Jobs I like:** (circle) 🍽️ food · 🧹 cleaning · 📦 stocking · 🌳 outside · 🐾 animals · 💻 office · 🛒 store · 🔧 fixing

👍 **I work best:** (circle) 🏠 inside · 🌳 outside · 👥 with people · 🙂 by myself · 🌅 morning · 🌇 afternoon

🧰 Jobs I tried

📅 Date	🧩 Job	✋ What I did

🙋 Helping out (volunteer)

📅 Date	✋ What I did

🏫 **School:** Ferndale High School, Transitions
Years: _____ to _____

📞 Adults who know my work

(ask them first)

_____

_____

⭐ My Best Work

✏️ **My name:** _____

📅 **Date:** _____

🧩 **I made:** _____

📂 **It goes in:** (circle) 💼 1 Vocational | 🏠 2 Daily Living | 💛 3 Personal Life | 🚌 4 Community | 🎓 5 Take With Me



Put my work here,
or a picture of my work.

(Pictures show the work only. No faces.)

😀 **I am proud because: (circle)**

💪 I worked hard. | 🆕 I learned something new. | 🎨 It looks great.

🤝 I helped my team. | 🧗 It was hard, and I did it!

🛠️ **Skill I used:**

_____

🍎 **Teacher:**

_____