

VR Checklist for Students



This checklist can help you work with vocational rehabilitation (VR). Be prepared—bring all the documents you need to meetings, so you can advocate for yourself.

Applying for Services

- Learn what VR is.
 - Talk to friends and family who have received VR services.
 - Consult other resources, such as this NDC video: youtu.be/JhJP2v52bl.

- Gather information about your local VR office.
 - Address: _____
 - Website: _____
 - Phone number: _____

- Contact your local VR office to apply for services.
 - Request accommodations for orientation and intake appointments.
 - Show up to all appointments. If you are unable, let the VR office know in advance.
 - Complete and submit your application packet or forms.
 - After submission, you will be assigned to a VR counselor. If, after a few weeks, you still have not been notified of your assigned VR counselor, follow up with the VR office.

- Gather information about your VR counselor.
 - Name: _____
 - Phone number: _____
 - Email: _____

- Collect documentation that shows you have one or more disabilities. Here are some examples of what VR may ask you to provide:
 - Audiogram (handsandvoices.org/comcon/articles/audiogram.htm)
 - Letter or documentation from your doctor
 - Social Security benefit verification letter (ssa.gov/myaccount/proof-of-benefits.html)
 - Individualized Education Plan (IEP) or 504 Plan from school
 - Accommodations letter or plan from college

Sharing More About Yourself

- Collect the results of any assessments or evaluations of your strengths, weaknesses, and career goals to share with your VR counselor.
- Take the Self-Determination Inventory (nationaldeafcenter.org/self-determination-inventory) to learn more about your current ability to make your own choices, set goals, and make decisions. You will get a student report with a score that can be shared with your VR counselor.
- Gather information about how you communicate with others in school and in the community.
 - What communication tools and strategies work for you?

 - What communication challenges do you experience?
- Consider the kinds of accommodations or assistive technologies that you use.
 - Interpreters
 - Speech-to-text services (CART, C-print, captions)
 - Videophones or amplified telephones
 - Strobe lights/alarms
 - Screen readers
 - Hearing aids and/or cochlear implants
 - Other: _____
- List any other accommodations and assistive technologies you would like to try to see what works best for you at home, in school, and in the community.

- List disabilities or disorders and how they are a challenge for you at home, school, or in the community.

Planning for the Future

- Describe what you want to do after high school.

- List your interests, hobbies, and passions.

- Describe what people have said that you would be good at.

- Do you want to go to vocational school or college? _____

- If you had a job or volunteered, describe what you liked and did not like about the experience.

- List the careers, majors, or industries you want to learn more about.

- Do you want to attend deaf camps or events to learn more about careers and majors (www3.gallaudet.edu/clerc-center/info-to-go/national-resources-and-directories/summer-camps.html)?

- Do you want to visit a company or organization related to your career interests?

- Do you want to ask questions about careers or job shadow with deaf professionals?

- Do you want to gain experience in different jobs to find out what you like and dislike?

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- List the skills and education required for your desired career.

- Describe the accommodations, tools, and equipment you might you need to participate in the above activities.

- Note anything else you want your VR counselor to know about you.

After a Meeting: Considering Next Steps

- Describe what you discussed at the last meeting and the next steps you need to take.



This document was developed under a jointly funded grant through the U.S. Department of Education's Office of Special Education Programs and the Rehabilitation Services Administration, #H326D160001. However, the contents do not necessarily represent the positions or policies of the federal government.