

Top 10 Things Every Student Should Know About Pre-Employment Transition Services (Pre-ETS) & Vocational Rehabilitation (VR) Services

• Your Future • Your Voice • Your Path



Your Voice + Your Goals
+ Your Opportunities = Your Future

You deserve access to support,
meaningful opportunities, and people
who believe in your success.

#1 Pre-ETS Is About YOUR Future

Pre-Employment Transition Services (Pre-ETS) can help students with disabilities get ready for life after high school. Through Pre-ETS, you can explore different careers, learn new skills, and figure out what you're good at and what interests you. These services are here to help you build confidence, reach your goals, and prepare for the future you want.

Questions Students Can Ask About Pre-ETS & VR Services



What do I want my future to look like?

#2 Pre-ETS Services Are FREE

Students with disabilities, typically between the ages of 14-21 (check with your state for the specific age range), who are enrolled in school or a recognized education program, can get Pre-ETS at no cost to you. Want to learn more? Ask your teacher or IEP team, "How can I get connected with VR to get Pre-ETS?"

Questions Students Can Ask About Pre-ETS & VR Services



Have I asked how I can get involved in Pre-ETS?

#3 You Don't Need to Have Everything Figured Out

Pre-ETS are here to help you explore different careers and discover what interests you. It's completely okay if you're still figuring out your future — that's what Pre-ETS are for! Try new things, explore your options, and learn more about what you enjoy and what you're good at. If you don't know what helps you, ask your Vocational Rehabilitation (VR) Counselor, "What supports or accommodations might help me succeed?"

Questions Students Can Ask About Pre-ETS & VR Services



What new career or job would I like to explore?



#4 Your Voice Matters

You should be part of the conversations and decisions about your future. Ask questions, talk about your goals, and speak up about the support you need to succeed. Learning to advocate for yourself is an important skill for school, work, and everyday life. Stay involved, keep sharing your ideas, and let others know what matters to you.

Questions Students Can Ask About Pre-ETS & VR Services



Am I speaking up about my goals and what I need?

#5 The Five Required Pre-ETS Activities Can Help You Prepare for Adult Life

Students and youth consistently emphasized the importance of hands-on, real-world experiences that help them explore career interests and better understand employment possibilities.

Questions Students Can Ask About Pre-ETS & VR Services



Which Pre-ETS activity/activities would help me the most right now?

#6 Work Experiences Help You Learn What You Like

Doing things like job shadowing, internships, volunteering, or paid gigs are huge for building your confidence and figuring out what you actually like. Trying new stuff is the best way to learn about yourself and your future goals. To learn more about Pre-ETS or find out how to get started, ask your teacher or IEP team for help.

Questions Students Can Ask About Pre-ETS & VR Services



What work experience would I like to try?

#7 Pre-ETS and VR Services Work Together — But They Are Different

Pre-ETS is all about exploring different options and figuring out what you like early on. VR (Vocational Rehabilitation) services are more specific; they give you 1-on-1 support to help you reach a specific job goal. The best part? You can do both Pre-ETS and VR at the same time.

Questions Students Can Ask About Pre-ETS & VR Services



What work experience would I like to try?

#8 VR Services Can Provide Additional Supports

If you apply and qualify for VR services, they can help you out with things like tech tools for your job, training programs, college support, finding a job opening, 1-on-1 job coaching, and transportation. To see if you qualify or to get help applying, talk to your VR counselor.

Questions Students Can Ask About Pre-ETS & VR Services



What supports might help me reach my job goals?

#9 You Are More Than a Test Score or Evaluation

Your strengths, interests, experiences, and goals actually matter. Good planning should focus on your talents, abilities, and dreams, not just paperwork or test scores.

Questions Students Can Ask About Pre-ETS & VR Services



What are my strengths and talents?

#10 Success Happens Through Support, Opportunity, and Believing in Yourself

The future is yours to build. The more involved you are in planning, exploring jobs, building skills, and working with your team, the more ready you'll be for adult life, college, work, and living on your own.

Questions Students Can Ask About Pre-ETS & VR Services



What is one step I can take toward my future today?



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