

Student Checklist For IEP Meetings

As a student, you are a valuable member of the Individualized Education Program (IEP) team. This checklist will help to support you before, during, and after an IEP team meeting.

Why is this important?

When a student has an **Individualized Educational Program (IEP)**, the law requires that you, as the student, are invited to the IEP meetings when discussing services to prepare you for your goals after high school. An IEP is like a roadmap to help reach your goals in school and in life.

Before

- Understand why you have an IEP.
- Review and be familiar with your IEP.
- Know how you want to participate during your IEP meeting (e.g. video or digital presentation, pictures, speaking, work samples, etc.).
- Practice sharing your thoughts and opinions with a trusted adult, so you feel comfortable participating at your IEP. Consider using the [Building on My Strengths](#) protocol to get started.
- IEPs happen at least one time a year. Think about what goals you might want to accomplish in a year's time.
- Although you may share this with your IEP team earlier, if you are in high school, think about what you want to do after high school and what supports you need to accomplish those goals.

During

- Introduce yourself.
- Share the information you prepared and any work samples. Remember your student voice is valuable as an IEP team member.
- Ask questions if you don't understand or need clarification on what is being discussed.
- If you are 18 years old or over, you are an adult student. You will be asked to sign the IEP. If you agree, sign the IEP. If you don't agree to all or part of the IEP, make a plan with the team to follow up on your concerns.
- At the end of the meeting, be sure you receive a copy of the IEP documents and reports to take with you.

After

- Know who to go to if you still have questions after the IEP.
- Review your new IEP with your teacher and/or parent/guardian.
- Ask any questions you may have about your IEP. These documents are usually long and can be complicated.