

High School Ready: Supporting your neurodivergent teen

Workshop Handout



Support Plan Checklist

for teens:

Daily Life Stuff

- ☐ I know what time school starts and how I will get there
- ☐ I have a way to keep track of my schedule (planner, phone, etc.)
- ☐ I have thought about how I will organize schoolwork or supplies
- ☐ I have got a routine (even if it is not perfect) to help me start the day

School & Learning

- ☐ I know what courses or subjects I am taking
- ☐ I have strategies for getting work done, even when I do not feel like it
- ☐ I know how to ask for help if I am confused in class
- ☐ I know who to go to at school if I need extra support

Friends & Feelings

- ☐ I have at least one person I feel comfortable talking to
- ☐ I know it is okay if my friendships change
- ☐ I know how to take a break if things feel overwhelming
- ☐ I have felt nervous or unsure before—and that is normal!

Growing Independence

- ☐ I am learning how to speak up for myself when I need something
- ☐ I have handled something stressful (even if it did not go perfectly)
- ☐ I am okay with making small mistakes and learning from them
- ☐ I am figuring out what kind of support helps me feel most confident

Support Plan Checklist

for parents:

Communication Check-In

- ☐ I ask open-ended questions ("What was the best part of your day?")
- ☐ I listen without jumping in to give advice right away
- ☐ I validate their feelings, even when I don't fully understand them
- ☐ We have regular, low-pressure moments to talk (car rides, walks, etc.)

Academic Support

- ☐ I know what courses my teen is taking
- ☐ I check in about homework and school stress (without nagging)
- ☐ I have helped them create a routine or workspace for school
- ☐ I know how to contact teachers or school staff if needed

Social & Emotional Wellness

- ☐ I have noticed how my teen is doing emotionally (happy, sad, etc.)
- ☐ I support their friendships, even if they look different than I expected
- ☐ I talk about how it is okay to feel nervous or unsure in new situations
- ☐ I remind them that mistakes and setbacks are part of growing

Signs My Teen Might Need More Support

- ☐ They have become unusually withdrawn, anxious, or angry
- ☐ They are avoiding school or showing signs of burnout
- ☐ They talk about feeling "dumb," "hopeless," or like they do not belong
- ☐ They are struggling to come up with solutions independently