

Leaving Home, Finding My Way

An autistic student's transition and
routine planner for university





01 | Starting the Transition

My Strengths Travel With Me

You can bring your strengths with you, even while everything else is changing.

I am good at

I care deeply about

A strength I want to remember

Small next step:



02 |

My Needs and Support

My Sensory Map

Notice patterns without judging them.

Area	Things that may be difficult	What helps
Sound		
Light		
Smell		
Touch		
Food		
Crowds		
Travel		
Shared spaces		

Small next step:



03

Time, Routine and Study

My Weekly Rhythm

Plan a rhythm, not a perfect week.

- | | | | |
|---|-----------------------------------|------------------------------------|-------------------------------------|
| ☐ Food and groceries | ☐ Rest | ☐ Laundry | ☐ Study time |
| ☐ Contact with home | ☐ Movement | ☐ Quiet day | |

Small next step:

My Daily Plan

Date

Day

Today's most important task

Low



High

Time	Plan	What I need	Done
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐
			☐

One kind thing for myself

Small next step:

A Gentler Start

A smaller morning still counts.

- ☐ Wake up
 - ☐ Get dressed
 - ☐ Wash or shower
 - ☐ Medication if relevant
 - ☐ Breakfast
 - ☐ Check timetable
 - ☐ Pack bag
 - ☐ Leave by

My minimum version of a morning

Small next step:

Preparing Tomorrow

A little preparation can make tomorrow easier.

☐

Check timetable

☐

Charge devices

☐

Pack laptop

☐

Pack charger

☐

Pack food

☐

Set alarms

☐

Choose clothes

☐

Check travel

☐

Pack sensory or comfort items

Small next step:

My Personal Operating Manual

This page can help you explain what supports you, without having to explain everything from scratch.



I work best when

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



I communicate best through

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



I need extra time when

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Important things people may not see

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____



Small next step:
