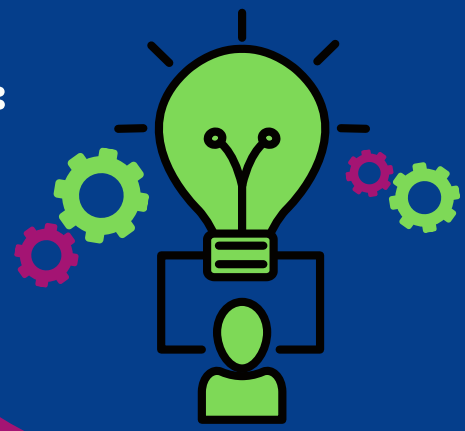


NAVIGATING THROUGH LIFE: BEING READY TO WORK



WORK EXPERIENCES

- ✓ New jobs bring new skills and opportunities to learn.
- ✓ If you find a job you enjoy it improves your physical and mental health. Try to get a job you like, money matters, but so does happiness. You can change jobs if things do not work out.
- ✓ REMEMBER, you get better with practice.



FINDING A JOB

- ✓ All experiences are valuable! You learn from them.
- ✓ When having a job in high school or college be willing to try different jobs.
- ✓ Maintain relationships within your network; they may lead to a job or reference later in the future.
- ✓ Volunteering leads you to meet new people and have new opportunities. This work is good for the community and will give you valuable experience.
- ✓ An internship or fellowship is a way to get the experience you need and allow you to network, which will lead to other opportunities.
- ✓ Ask for help in finding and applying for jobs. Use services like the Department of Aging and Rehabilitation Services (DARS) a state agency that helps people with disabilities find employment and much more.
- ✓ Use all the resources that you have, people you know, training or a degree may help.
- ✓ Be confident, every opportunity is an opportunity to learn!



JOB INTERVIEWS

- ✓ Some things to put on your resume are your long-range plan, education, strengths, qualifications, community service, and volunteer work.
- ✓ Most people are nervous when they are in a job interview. Interviewing helps to build up your skills. Here are some things that will help you.
 - Be prepared for the interview by practicing the interview questions.
 - Know about the business or company where you are interviewing.
 - Emphasize your qualifications and experience.
 - Follow-up your interview with a thank-you note. Include some things about the interview.



JOB ACCOMMODATIONS

- ✓ If you ask for accommodations under the Americans with Disabilities Act (ADA), know your own capabilities, ask for what you need.
- ✓ Ask questions about the job and do not be afraid to speak up.
- ✓ Filling out initial paperwork can be challenging so do not be afraid to ask for help.



RESOURCES

Department of Aging and Rehabilitation Services:
<https://www.vadars.org/office.html#gsc.tab=0>

Job Accommodation Network:
<https://askjan.org/>

Virginia Employment Commissions local offices:
<https://www.vec.virginia.gov/find-a-job/vec-local-offices>

Community College Workforce Alliance:
<http://ccwatraining.org/>

Info Sheets were developed through interviews with young people with disabilities as part of the Inclusion Project