Career Exploration
Career Exploration

INTEGRATED RESOURCE TEAM (IRT) SUPPORT

Career Exploration

Education & Training

Work-Based Learning

Job Search & Interviews

Employment & Career Growth

OVERCOMING POTENTIAL SETBACKS
Career Exploration

Career Exploration includes research and goal setting. There are three main goals:

1. Learn about your interests, skills and values and select a direction for your career.

2. Manage your money and create a financial goal. This includes learning about a budget and figuring out how to pay for school or training.

3. Learn about your desired career and create an employment goal.
Exploring passions, interests, and skills
Explore your passions, interests, and skills

The following activities will help you discover a direction for your career based on your passions, interests, and skills.

 ✓ Complete online assessments from CareerOneStop and explore your interests using CareerZone. An assessment asks many questions about your interests and skills to help suggest a career path for you.

 ✓ Meet with career counselors or Disability Resource Coordinators (DRCs) in-person at Career Centers and American Job Centers.

 ✓ Explore web resources like My Next Move, ADEN, MyFuture.com, and others.
### Explore your work values

Which work values do you want to strengthen?

<table>
<thead>
<tr>
<th>Work Value</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attendance</td>
<td>Attendance is being present at your job. Don’t miss work unless you absolutely have to.</td>
</tr>
<tr>
<td>Punctuality</td>
<td>Punctuality is arriving on time. Remember to show up early to every appointment. This shows your commitment.</td>
</tr>
<tr>
<td>Appearance</td>
<td>Appearance is about having the right clothing for the work environment. For example, does the job require a uniform? Professional dress? Or does it just require work boots and warm clothing? Look the part and dress for success.</td>
</tr>
<tr>
<td>Attitude</td>
<td>Attitude is a way of thinking about work. Do your best to have a positive attitude in the workplace.</td>
</tr>
<tr>
<td>Productivity</td>
<td>Productivity is how much work you can do within a certain amount of time. The more work you can do in a short amount of time, the more productive you are. Complete your tasks and request support as needed.</td>
</tr>
<tr>
<td>Professional Development</td>
<td>Professional Development is going to school or training so that you can do better at your job and beyond. Keep learning!</td>
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Putting it together: Career Exploration Worksheet

Goal: Record notes on the About Me and Work Values section of the Career Exploration Worksheet.
Manage your money and create a financial goal
Learn how to manage your money

✅ Open a bank account.

✅ Create menu plans and shopping lists.

✅ Create a budget.

✅ Monitor spending with a spending diary.

✅ Increase savings. Explore ABLE-saving accounts for qualified individuals with disabilities.
Learn if you are eligible for public benefits

- Work with a Disability Benefits Counselor.
- Learn about SSI (Supplemental Security Income) and (SSDI) Social Security Disability Insurance Benefits.
- Use this wages and benefits calculator to learn how SSI changes when you start earning money.
Putting it together: About My Money Worksheet

Goal: Record notes on the About My Money worksheet
Learn about your desired career
Learn about your desired career

Visit the **Occupational Outlook Handbook** and research this information:

<table>
<thead>
<tr>
<th>Your Desired Career</th>
<th>Your Labor Market</th>
</tr>
</thead>
<tbody>
<tr>
<td>✓ Average hourly wage or annual salary</td>
<td>✓ Highest paying job in that field</td>
</tr>
<tr>
<td>✓ Skills and competencies required</td>
<td>✓ Fastest growing jobs</td>
</tr>
<tr>
<td></td>
<td>✓ Growth rate of your job</td>
</tr>
</tbody>
</table>
Putting it together: Career Exploration Worksheet

**Goal:** Record notes on the About My Career section of the *Career Exploration Worksheet.*
Employment Goal Setting
Create an employment goal

- Goal setting helps you create a plan for your future.

- You can write down goals, action steps, outcomes and responsibilities. Your Career Counselor and Integrated Resource Team (IRT) can help as needed.

- You and your Career Counselor can sign the worksheet as an agreement that you will both follow through on the action steps and agreed-upon responsibilities.
Putting it together: Employment Goal Setting Tool

Goal: Use the information you gather from your research to create an Employment Goal.
IRTs can provide support

**Integrated Resource Teams (IRTs)** help job seekers with disabilities to make progress along their career. You can create an IRT with the support of a Disability Resource Coordinator (DRC), counselor, family member or friend.

*YourDreamYourTeam.com* provides resources for:

- **How to Create an IRT**
- **Job Seekers with Disabilities**

These slides are a summary of the section on **Career Exploration**. For more information, please visit *YourDreamYourTeam.com*. 