Work-Based Learning (WBL)
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Integrated Resource Team (IRT) Support

Career Exploration  
Education & Training  
Work-Based Learning  
Job Search & Interviews  
Employment & Career Growth

Overcoming Potential Setbacks
Work-Based Learning (WBL) is a program where job seekers can gain work experience while also learning academic and technical skills. These programs help job seekers explore real-life work activities and future career opportunities.

**Goals:**
- Determine if there are any WBL programs that interest you
- Apply for programs
- Create a learning plan and track your progress
Work-Based Learning (WBL)

WBL programs include:

• Tours
• Job Shadowing
• Mentoring
• Service Learning
• Internships
• Youth Apprenticeships
• Entrepreneurship
Work-Based Learning (WBL)

Tours

Tours involve a visit to an office or work facility so that you can learn more about different jobs at that organization. Job seekers can observe employees in their normal work routines and ask questions.
Job Shadowing

Job shadowing is when you make short worksite visits to spend time with or “shadow” workers. You follow someone throughout the day so you can learn about what they do on the job. For more information, visit NYC Department of Education’s [student checklist on job shadowing](#).
Work-Based Learning (WBL)

Mentoring

Students are paired with “adult peers” from the workplace who provide guidance and encouragement on career-related projects.

Check out Disability Mentoring Day. Disability Mentoring Day is a nationwide effort to promote career development for youth with disabilities through hands-on career exploration.
Work-Based Learning (WBL)

Service Learning

This kind of program combines classroom learning with an outside project or curriculum. Examples of service learning are cleaning up a community garden, or volunteering at a soup kitchen.
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Internships

Gain experience by completing a paid or unpaid internship. If you are a student, sometimes you can take vocational and work-related classes at school.

Check out NY State Education Department Internships and Job Corps.
Work-Based Learning (WBL)

Apprenticeships

An apprenticeship is an opportunity for you to earn while you learn. You get a full-time, paid position and the training needed to perform the duties of the job. Training in a specific trade typically takes two to four years.

Check out Apprenticeship Finder and YouthBuild.
Entrepreneurship is the process of starting a new business. Create an alternate work opportunity by starting your own business.

Check out this guidance on what to know to be your own boss and self-employment and entrepreneurship.
Putting it together: WBL Worksheet

**Goal:** Use WBL Worksheet to help you think about work-based learning.

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**WBL Worksheet**
Putting it together: Work Experience

**Goal:** Record your previous work experience and skills on the [Work Experience Worksheet](#). This will help a career counselor find a WBL program for you.
Putting it together: WBL Agreement

The purpose of the **WBL Agreement** is so job seekers, parents or guardians, schools, and employers are in agreement of their responsibilities for the WBL program.
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 Work-Based Learning. For more information, please visit YourDreamYourTeam.com.