

Offered one-on-one using Zoom and the Explore-work website - www.explore-work.com - youth discover needs, interests, talents, potential job matches, and plan for post-high school options. Youth complete one to five Explore-work modules, based on funding and interest.

CAREER PLANNING INTRODUCTION

Gather information about self, uncover job interests, prepare for the future, while creating achievable realistic goals

YOUR FIRST WORK EXPERIENCES

Learn about different types of work experience options that help identify strengths, develop skills and realistic job and career matches.

Work-based learning options:

- Apprenticeships
- Job Shadowing
- Career Mentorship
- Informational Interviews
- Internships – Paid or Unpaid
- Part-Time Jobs
- Service Learning
- Student-led Enterprises
- Simulated Workplace Experience
- Volunteering

SCHOOL BEYOND HIGH SCHOOL – POST-SECONDARY COUNSELING

Explore post-high school educational or training opportunities to achieve career goals. Ask questions about the future, while discovering resources for future exploration and decision-making.

WORKPLACE READINESS

Learn and practice the necessary employability – “soft” skills - and independent living skills to excel in the community, at work and school. Assess attitudes and ideas through interactive lessons.

SELF-ADVOCACY

Learn about self-advocacy approaches, disability and disclosure and self-determination skill development. These skills are necessary to achieve goals, increase independence and excel in the community or at work.

Eligibility

- DORS-referred consumer, ages 14-21
- Access to Zoom technology via device with a camera I.E., smartphone, tablet, laptop, etc.
- Ability to focus and complete activities with supportive services, as needed

FOR QUESTIONS OR MORE INFORMATION CONTACT

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