

Offered one-on-one using Zoom and the Explore-work website - [www.explore-work.com](http://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 VSP AT  
410-358-8200**