



What Kinds of Work Am I Interested In?

In this set, you and your teen will explore what their work strengths and skills are, learn what formal and informal supports are, identify their support needs, their learning style, and communication style, and compile it into one worksheet, called My Portfolio. Print and follow along with the information provided in the online tool for the teen to fill out:

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Work Together NC



Work Together NC is a statewide initiative focused on the transition to adulthood for people with intellectual and developmental disabilities (IDD). Visit worktogethernc.com

Your one-stop resource hub for finding resources and services. Create action plans to achieve your goals in the areas of employment, postsecondary education, community living, and more.

Inclusion Works is a North Carolina Department of Health and Human Services (DHHS) initiative to increase Competitive Integrated Employment (CIE) opportunities for people with IDD. Work Together NC and WISE are collaborating with Inclusion Works to implement new processes across the State and expand Supported Employment services. The What's Next Employment Toolkit is being used in the employment assessment process to support individuals with developing their career development plans.

WORK INTERESTS INVENTORY



What things do you like to do in your free time?

List them below, then mark the things from your list that you would be interested in doing as part of a job. It's OK to just like doing them as a hobby!



Are there any topics you know a lot about?

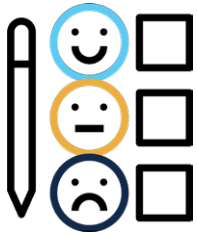


Do you have a dream job?

**If not, that's OK! Leave this section blank.
If so, write it down and what about this job do you like?**



JOB EXPLORATION TIPS!



Complete surveys to find jobs that match your strengths, interests, and skills:

- [O*Net Interest Profiler](#)
- [NC Careers Interest Finder](#)
- [Work Values Sorter](#)
- [Be Your Own Boss](#)
- [Career Cluster Match](#)
- [Skills Matcher](#)



Choose a job to research

Look though the job lists generated through the last step...which jobs interest you most? Choose one (or more) jobs to learn more about and use the template provided on the next page to guide your research.



Keep exploring!

Consider strategies like informational interviewing, job shadowing, or job fairs to further explore jobs of interest. Additionally, volunteering, internships, apprenticeships, and postsecondary education are great ways to gain experience and explore your job interests.

LINKS TO OTHER AREAS OF EMPLOYMENT TOOLKIT:

[Finding Work: Need more experience, skills, or education?](#)

[Employment Toolkit: Finding Work Ready to Work](#)



Apply & introduce yourself

With help from your support circle, search for job openings on sites like Indeed, [NC Works](#), [Career OnesStop](#), or LinkedIn. There are also job sites that focus on recruiting people with disabilities, such as [Disability Talent](#) and [Jobs Ability](#). Consider visiting job sites to introduce yourself in person & bring a copy of your resume and/or portfolio [see pg 22 and 23].

LINKS TO OTHER AREAS OF EMPLOYMENT TOOLKIT:

[Finding Work: Who Can Help Me?](#)

[Employment Toolkit: Finding Work Ready to Work](#)



Advocate for yourself

Consistency is key! Every few weeks, ask for updates about your application (by calling or emailing). Additionally, consider advocating for a [customized role](#) in the workplace.

JOB SEARCH TEMPLATE

Use O*Net online's Career Search Tool to find info about jobs of interest and add what you find below.

TIP: After picking a job, select the "Easy Read" tab.

What job do you want to research?

1 Thing I like about the job/ role:

1 Thing I **do not** like about the job/ role:

Does this job/role match the amount or type of education I was planning?

Yes No Not Sure

Does this job/role match the type of place I want to work at? [link to 1A Portfolio]

Yes No Not Sure

Does this job/role match my strengths and skills? [link to 1A]

Yes No Not Sure

Does this job/role match my work preferences [link to 2C]

Yes No Not Sure

Does this job/role match my interests and the things I love? [page 2]

Yes No Not Sure

Does this job/role match the amount of money I want to make?

Yes No Not Sure

Based on my answers above, is this job something I want to take action steps toward?

Yes No Not Sure

If yes, list some action steps and put them in your planner to help you achieve them:





ENTREPRENEURSHIP

Being an entrepreneur means working for yourself by running your own business. Are you interested in starting your own business one day?



If you have a business idea (#2), write about or draw it here!

ENTREPRENEURSHIP GUIDE

If Yes or Not Sure

let's reflect on whether entrepreneurship may be a good fit for you.

I have a skill, product, or service that customers need or want

- Yes No Not Sure

I am motivated to put a lot of time and work into my business

- Yes No Not Sure

I have people and resources in my support circle to help me start a business

- Yes No Not Sure

There are many more things to consider! Check out this link [Entrepreneurship Guide](#) by the NC Down Syndrome Society

JOB RESEARCH TEMPLATE

Use the template below to summarize the most important information about yourself that you want your current or future employer to know!

Name _____

Things I like to do in my free time

Topics I know about

My dream job

Job Research Results

Entrepreneurship idea