

Need more experience, skills, and/or education?

In this set, find out information about internships, apprenticeships, volunteering and postsecondary education

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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.

Internships



An internship is...

- A short term work experience (take less than 1 year to complete), which may or may not be paid.
- A way to **develop skills, gain experience, and explore your interests**– all of which could be helpful in getting a job.
- Sometimes a required part of college programs

Are you interested in doing an internship?

- Yes
- No
- Not sure

Yes or not sure if you're interested in an internship, check out the resources below:



LINK: [Project SEARCH](#)

Project SEARCH offers internships for high school students and/or young adults with intellectual and developmental disabilities. Use the search tool to find a program in your area.



NCDHHS

NCDHHS STATE FUNDED INTERNSHIPS

Talk to your EIPD counselor about your internship options. Some EIPD clients may be eligible for a paid internship funded by EIPD

LINC → IT

LINK: [LINC WEBSITE](#)

LINC It offers paid internships for Autistic individuals without intellectual disability. If interested, learn more and fill out the interest form on their website.

Apprenticeship



An apprenticeship is...

- A long term, paid work experience (usually takes more than 1 year to complete).
- Common within skilled trade industries (i.e., construction, healthcare, agriculture, cybersecurity.)
- An opportunity to work under the supervision of an expert, who will help you learn the job.

Are you interested in doing an apprenticeship?

- Yes
- No
- Not sure

Yes or not sure if you're interested in an apprenticeship, check out the resources below:



VIDEO: [WHAT IS AN APPRENTICESHIP?](#)

Watch this video for an overview of the apprenticeship pathway, including tips from employers on how to succeed and what skilled trades are in high demand.



LINK: [NC WORKS](#)

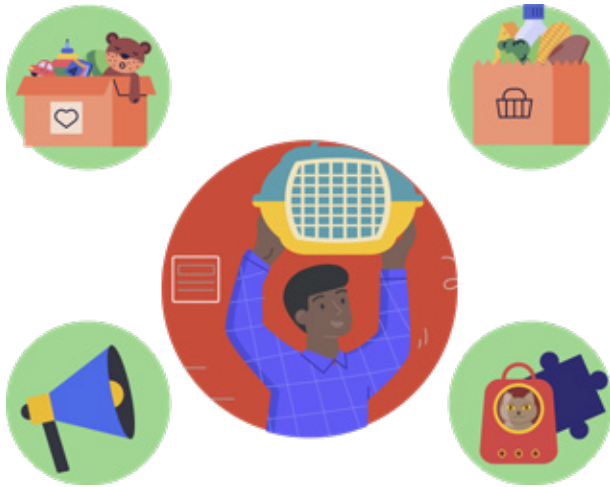
Looking for apprenticeships and other employment opportunities? Visit NCWorks.gov to begin your search.



LINK: [NC APPRENTICESHIP](#)

Use this website to learn about the benefits of apprenticeships and find out which NC community colleges offer apprenticeships.

Volunteering



Volunteering is...

- Unpaid community service for causes that are important to you!
- A way to develop skills, gain experience, and explore your interests—all of which could be helpful in getting a job.
- Flexible and fun— you should never be forced to volunteer!

Are you interested in volunteering?

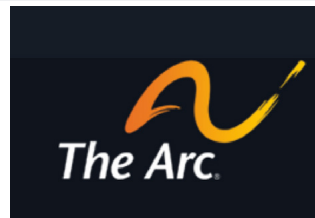
- Yes
- No
- Not sure

Yes or not sure if you're interested in volunteering, check out the resources below:



VIDEO: [WHAT IS VOLUNTEERING?](#)

Find out what volunteering is in this video.



LINK: [THE ARC](#)

This article offers some great tips on how to find volunteer opportunities in your community.



VolunteerMatch

LINK: [VOLUNTEER MATCH](#)

Use this website to search for local volunteer opportunities that relate to your areas of interest.



Postsecondary Education

Do your career goals require continued education after high school?

- Yes
- No
- Not sure

Yes or not sure if you're interested in postsecondary education, check out the resources below:



Work Together NC
Possibility to Opportunity

LINK: [WHAT'S NEXT: COLLEGE?! TOOLKIT](#)

Find out what volunteering is in this A toolkit that supports individuals with disabilities to explore their options for education after high school.



LINK: [NC COMMUNITY COLLEGES](#)

Think College provides resources related to college options for students with intellectual disability. Use their national directory to search college programs for students with intellectual disability in the United States.



LINK: [NC COMMUNITY COLLEGES](#)

Explore North Carolina's community college options and resources.



LINK: [COLLEGE FOUNDATION OF NC](#)

CFNC assists students with education planning, career planning and applying and paying for college in North Carolina.



Work Together NC

