

# How To Find Your Dream Job

## *Even If You Don't Know What You Want*



- It is okay if you want to look for a new job. More than half of workers today are wanting to change jobs. And, it is okay if you're still trying to figure out what would be the perfect job for you.
- Think about what you like to do
- It's so easy to get stuck in a job you're not really happy with and miss out on a dream job without even knowing it.



- 1. Make a list of at least 20 things you are good at.** Take some time to focus on your strengths. Be open to where it can lead. For example, you might be telling yourself "I could never design websites" only to find out that you love making posters or signs for your group.



**2. Figure out what you liked and did not like about jobs in the past.** Discover what brings out your best work and makes you happy.

- What did I like most and least about my boss?
- What did I like most and least about the people I worked with?
- What was hard about working there?
- When were you happy there?
- What was my biggest accomplishment?



**3. Talk to at least 3 people who have a job you might want to try.** This is called an **informational interview**. Make a list of questions. Record your meeting with them if it is hard for you to take notes. For instance, if you want to work at a museum, you can ask someone who already works at a museum if you can plan a time to sit down and talk with this person and ask questions about their job.

**4. Learn about jobs you think you might like to do.** There are so many ways to learn new skills. Take an online class. Watch a YouTube video that explains the job. Do an internship. Read about the job.





## 5. Think about what work environment you like.

- do you want to work as part of a team or on your own?
- do you like a set schedule or are you flexible?
- do you prefer doing the same thing everyday or doing something different everyday?
- do you like to sit in one place or move around?



**6. Take the time to find out what makes you the happiest.** What do you love doing so much that you'd be willing to do for free?

## Other Tips In General

Are there people in your life who believe in you who you can ask to help you?



Make getting your dream job part of your person centered plan. This way you will have a detailed list of steps to take and dates of when you will get things done.

#1 - Interview a web designer in March 2022

#2 - Take a class about designing websites. Do it by Spring 2022



As a person with a disability, think about what you need to work. Look on the SARTAC website to learn about telling someone you have a disability.

Learn about the Americans with Disabilities Act. It gives you the right to accommodations at work.



**Accommodations** are changes that make things easier for people with disabilities. They help us get the same things as non-disabled people.

- Getting extra time to get work done
- Getting tools to help you work, like a screen-reader or headphones, adjustable desk
- Getting to work in a quieter place.
- Getting instructions written down.





What to do if your agency lacks creativity and only finds you jobs that are easy for them to help you with.

- Have more of a backbone with your agency and say that you do not want this job.
- Use person centered planning when it comes to employment.
- Be a broken record. Keep speaking up to find a job that you enjoy. You might get pressure from your agency because of the workforce crisis. It is not about putting you somewhere where it's easier for them to manage. The support staff can easily support you in places like fast food or grocery stores, but they often lack the skills to support you in an office environment.
- Remember - This is your life.

# Small Group Discussion



- What are your positive experiences with getting a job you really, really liked? Maybe it is not your dream job, but close to it?
- What is your advice to self-advocates about what works?