

Employment

Meet Trey

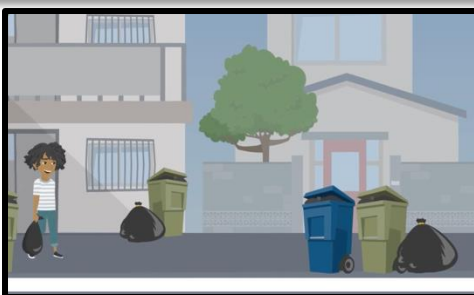
1 Hey! I'm Trey. I'm a teen with a developmental disability and I've got a big goal.

2 I want a job and to make some money! But first, I've got to build up my skills.

3 My family's been helping me learn chores at home,



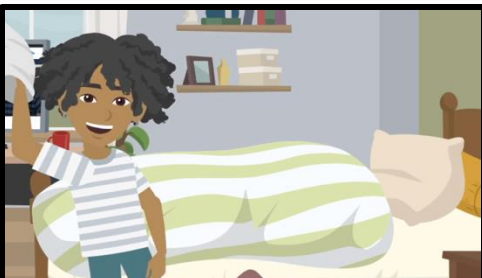
4 like washing dishes,



5 taking out the trash,



6 and doing laundry.



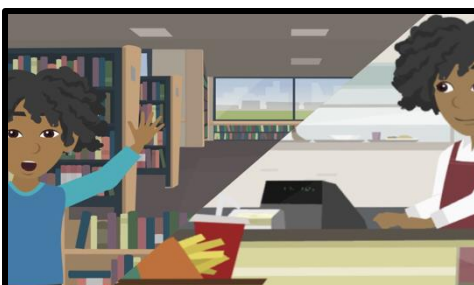
7 I feel pretty proud every time I finish a task.



8 I'm also learning to manage my time better—super important for jobs. Dad helps me make checklists every morning for the things I need to do that day.

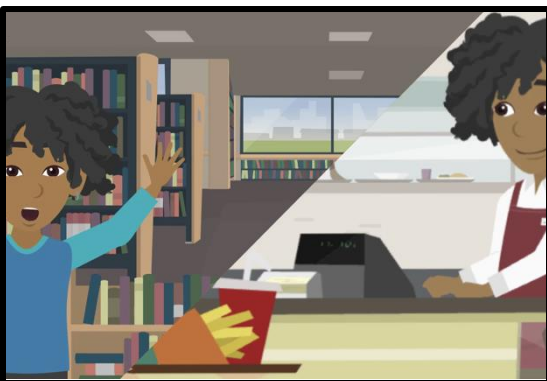


9 Every evening we look at my list and I check off what I did. It helps me keep on track.

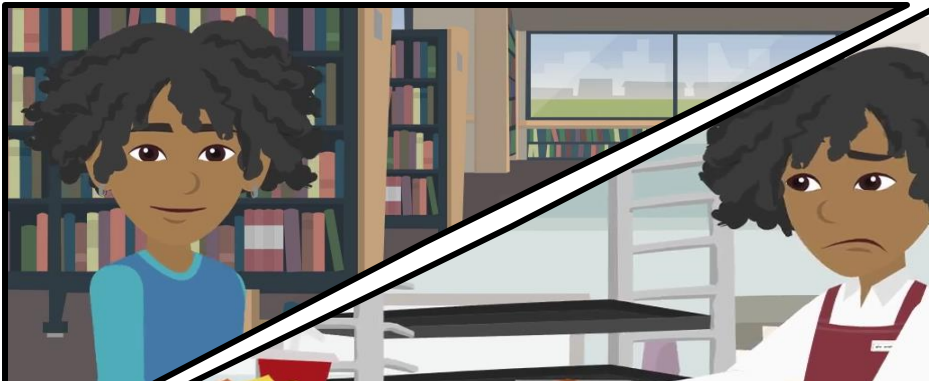


10 At school, I'm practicing job skills by helping out in the library and cafeteria.

NEXT PAGE →



11 At school, I'm practicing job skills by helping out in the library and cafeteria.



12 but I am learning that I don't really like working in the cafeteria. The food scraps gross me out, and it's super loud in there.



13 My big goal is to work a part time job one day, and my teacher is helping me break down this big goal into smaller steps. For example, my teacher suggested I try an internship.

14

"An internship is like a short job where you can learn and figure out what kind of work you like."



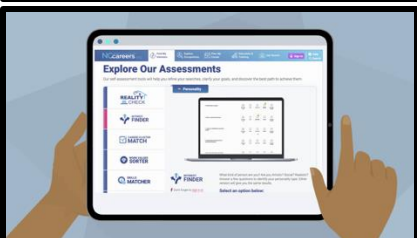
15 I like this idea—maybe I could get an internship at a bookstore or video game store!

Resume
a paper that
tells employers
about yourself

- Following directions
- Organization
- Talking to people

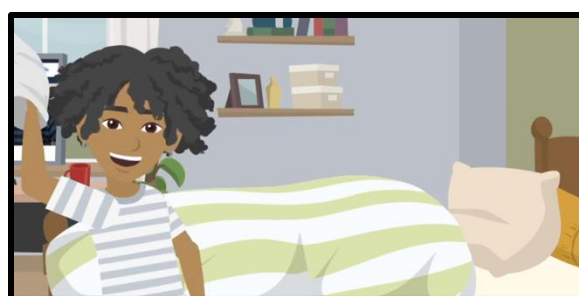
- Following directions
- Organization
- Talking to people

16 Before you apply to a job or internship, you'll need a resume. It's a paper that tells employers about yourself. How do I get started? Let's start by listing things you know how to do and have done, like chores, organizing things, and talking to people.



17 This website, NCCareers.org, has a list of questions you can answer to learn more about different workplaces that might be a good fit for you.

NEXT PAGE →



18 Great, I'll start there and try for an internship first.



19 When I get home, I work on my resume and find a website, WorkTogetherNC.com.



20 After I graduate, I won't have my teachers and coaches anymore,



21 but I've got a counselor from "EIPD"* who helps me at my IEP meetings and will keep helping me even after high school.



THE END