



YOU'LL GET ANSWERS TO THESE QUESTIONS:

When should I start thinking about my "life after high school"?

What do I need to know to make good decisions about a career or job path?

What are some activities I can do to help me get ready to work?



DID YOU KNOW THAT:

You are more likely to work after high school if you:

- Have a paid job or unpaid work experience
- Participate in Career and Technical Education (vocational education)
- Self advocate

During the high school years

Taken from NSTTAC Predictors of Post School Success

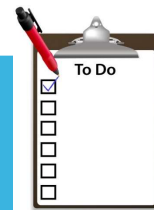
What does that mean?

WELLLLLLLLL.....

Start thinking about a career early!! Exploration activities include:

- Interest inventories to find out what you might be interested in doing;
- Using websites such as AzCIS or *ONET to research careers;
- Informational Interviews to learn about occupations firsthand;
- Job shadow someone doing the job you're interested in learning about;
- Go to an Arizona@Work or Goodwill Career Center to participate in job search workshops;
- Attend Job Fairs to practice meeting employers, find out more about specific employers.

The earlier you start, the more time you will have to explore your options.



GETTING STARTED

Think about the jobs you think sound interesting.



- Find out more about those jobs by talking to someone who has that job.
- Use the internet to research careers.
- Go to a career center on your high school campus or at a community college.
- Talk to a teacher at your school who teaches a related subject (Culinary Arts teacher if you want to be a donut maker)
- Think about where in your community you might find someone doing the job you are interested in exploring.
- Take a tour of your local Joint Technical Education District (WAVE, EVIT, West-Mec, CAVIT) and explore the vocational programs offered. Classes are typically taught by instructors from the industry, who make great contacts.

“TEST DRIVE”

Get some “hands on” exposure to your career interest: **JOB SHADOW.**

Job shadowing is where you observe someone doing your job of interest, or you can volunteer in a similar work environment.

Interested in medical careers? Volunteer in a hospital, where you get to know people in different departments and can see what people do in different roles. You also have the opportunity to talk to different workers about their jobs.

Interested in working with animals? Volunteer for the Humane Society, Arizona Society for the Prevention of Cruelty to Animals (ASPCA) or other animal rescue organization. You might also ask your family veterinarian if you can shadow at his/her clinic.

Interested in law enforcement or fire safety? Look into joining a local Explorers group, and get great opportunities to meet police and fire fighters.



DO I HAVE THE RIGHT STUFF?

With the information you gathered from informational interviews and job shadowing or volunteer work, think about the skills that the occupation requires.

Do you already have some of those skills?

For the skills you don't have already, can you learn them?

Where can you get the training you need for this career?

College?

Technical School?

On-the-Job training?

Apprenticeship?



WHAT DO I DO WITH THIS STUFF?

Add the activities to the "Coordinated Set of Activities" in your IEP to support your goals for Post-secondary education and employment.

These activities don't have to happen during the school day or school year, but can take place at any time.

You, the student, are responsible for completing the activities, but you can get help from your IEP case manager if you need it, or may ask your parents or other mentor to help you.

Think about other areas where you may need help developing job seeking or job keeping skills.

HELP, PLEASE!!

Who can help you understand the information you gather?

- Your high school career center
- Your high school guidance counselor.
- A community college career center.
- The workforce development center, or Arizona@Work,
- Vocational Rehabilitation

WHAT IS VOCATIONAL REHABILITATION?

An employment program for individuals with disabilities of any kind.

- The disability is documented by a medical doctor, school psychologist or other health care professional.
- The disability creates a barrier to employment
- You want to work.
- You need VR services to prepare for, get or keep a job.

You can refer yourself, or your parent or school can refer you to VR.

Be prepared to work with a counselor to help you explore your career options and find out what you need to do to enter the workforce.

If you're not ready to work with VR now, you can apply for services at any time!

HOW DO I CONNECT TO VOCATIONAL REHABILITATION?

There are Vocational Rehabilitation (VR) offices all over the state. Pick the one best for you.

VR can participate in transition planning for your IEP. The VR counselor can help you learn about how to get the information you need to make a good career choice.

If you apply for VR services and are eligible, your VR counselor will help you review your career research information and make a decision about the right pathway for you. Included in that would be understanding how your disability might impact your choices.

Will you need accommodations for work or training? VR can help you identify your needs and how to meet them.

NEED MORE INFORMATION ABOUT VR?

Go to the RSA website and watch the Transition Video. It's available in English, Spanish, American Sign Language, and open caption.

<https://des.az.gov/services/employment/rehabilitation-services/vocational-rehabilitation-vr>

Click on the link "Vocational Rehabilitation Office Near You" for the local office directory.

Ask Betty Schoen, RSA Transition Specialist
602-542-6282, bschoen@azdes.gov

YOUR RESOURCE FOR TRANSITION:

Betty Schoen
Region 1 Transition Specialist
1789 W Jefferson, Phoenix
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