

Course Goals:

Welcome to Becoming a Self-Advocate! In this course you will learn about:

- ❖ Disability terms
- ❖ Finding out about your disability and accommodation needs
- ❖ Finding careers of interest
- ❖ Learning laws and your legal rights
- ❖ Setting goals
- ❖ Planning for school and work

When you are done, you will better know how to do well in school and work!

Keep in Mind!

This course is designed to let you read at your own pace. You can always go back and review the material if you need a refresher.

Chapter 3: Careers

Welcome Back! Once again, I'm Ms. Jordan. Let's go through this chapter together.

What is your name?

Overview:

You will make career choices based on interest and skill levels. From there, it is important to think about the career market. You may want to think about types of organizations, locations and salaries,

Learning Objectives:

- ❖ Define terms.
- ❖ Explore career interests.
- ❖ Find out what you need to be able to do for career choices.
- ❖ Find out your strengths and challenges related to career choices.

- ❖ Find out how your career interest compares to what you need to be able to do for career choices, your skills and the career market.

What are some important terms you should understand related to career interests and skills?

Career Related Terms

Essential Functions: *Essential Functions* are the duties / responsibilities of a job that a person must be able to do with or without a reasonable accommodation in order to be considered for the job.

Job: A *job* is the work that you do in order to earn money.

Occupation: An *occupation* is the activity that serves as your main source of livelihood.

Career: A *career* is a job or profession that you do for a long period of your life, often with chances of progress.

Career Interest Inventory: A career interest inventory is an assessment tool used to give insight into a person's interests, so that they may more easily decide on appropriate careers. A typical interest inventory will ask questions about things a person likes to do and will offer a set of "career clusters" that might be a good fit based on those interests.

Career Market Criteria or "Job Market": The *job market* is the demand that exists for employment in a particular career. In other words, it is a measure of job availability.

Work Conditions: The *work conditions* are the physical environment in which you work, including the actual space, the quality of ventilation, heat, light and the degree of safety.

Employer-related Benefits: These are all the benefits provided or made available to employees by an employer, including group life insurance, health insurance, disability insurance, sick leave, annual leave, educational benefits and pensions.

Answer to question 1 is located on page 9.

Understanding Check:

Question 1:

The “essential functions” of a job are ...?

- a) Duties that you must be able to do with or without a reasonable accommodation.
- b) Duties of the job that you must be able to do with or without an accommodation.
- c) Duties of the job that the supervisor does.
- d) Duties of the job that are not important.

Great! Now that you’ve mastered some new vocabulary, I want to share with you some ways to identify careers and the skills they require.

Career Interest Survey:

Complete the Career Interest Survey below. This will help you think about what kinds of careers exist that match you interests.

http://www.careerbridge.wa.gov/Survey_Cluster.aspx

Strategic Career Planning:

Start with a blank piece of paper and write down the following.

Based on your interest inventory, one career of interest is _____?



What are the skills (essential functions) needed for the career _____?
(If you don't know, visit the Bureau of Labor Statistics Career Exploration page.)

<https://www.bls.gov/k12/content/students/careers/career-exploration.htm>

Write down your skills (essential functions).



What are the skills and strengths you possess?
(If you need help here, try talking to you DVR case worker, teacher or a parent!)

Write down your skills and strengths.



How will you achieve the skills (essential functions) required for this career.

Write down your response.

(If you know you can't achieve these skills, disregard this career and select another.)

Great job!

When you can identify the places where your interest and skills match, you can begin thinking about how to start planning for your career.

If you want more practice, read the Strategic Career Planning Guide or take the Career Survey. You can reference the Career Survey on **page 10 & 11** and the Strategic Career Planning Guide (attachment 1 at the end of the document)

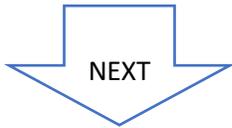
Career Values Inventory: Level of importance of each?

Start with a blank piece of paper and write down the following.

Pleasure/Satisfaction from participating in your career: High, Medium or Low (select one)



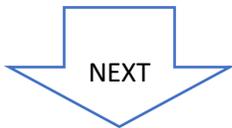
Yearly income – amount of money you earn in one year: High, Medium or Low (select one)
Helping others while participating in your career: High, Medium or Low (select one)



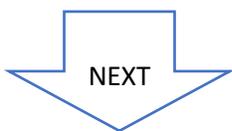
Being able to balance work time with family time: High, Medium or Low (select one)



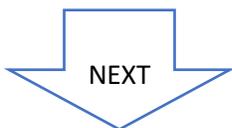
Being able to demonstrate creativity in your career field: High, Medium or Low (select one)



Level of responsibility entrusted to you in your career: High, Medium or Low (select one)



Degree of variety of tasks / activities in your career: High, Medium or Low (select one)



Please take notes on the three (3) highest values to you!

Excellent!

When you can identify the values of greatest importance, you are able to consider which careers will provide those for you.

Which were your three (3) top values? Pleasure, yearly income, helping others, family time, creativity, responsibility, variety or working with other people.

Make certain your “out of this world” career offers *your* values.

Great Work! You are almost done with Chapter 3 of Becoming a Self-Advocate. The next couple of slides will help you review the concepts from this chapter before you move on. And of course, you can return to this chapter at any time if you want to review again.

Keep up the great work!

Review of Terms:

Match the terms on the right to the correct definition on the left.

- | | |
|--|------------------------|
| 1. Assessment of a person’s interests, so that they may decide on appropriate careers. | A. Essential Functions |
| 2. The physical environment in which you work. | B. Job Market |
| 3. The duties of a job that a person must be able to do with or without reasonable accommodations. | C. Interest Inventory |
| 4. The demand for employment, job availability. | D. Work Conditions |

Answers to the matching review of terms can be found on page 9.

Great work! These terms are important for any self-advocate to understand, especially when communicating your disability with others.

On a piece of paper, write:

1. What are two (2) things you learned from this chapter?
2. How will this new information be helpful in the future?

Congratulations:

You have now completed Chapter 3 of Becoming a Self-Advocate. Be sure to complete the corresponding Chapter 3 survey located on the survey page.

Click the link below when you are ready to complete the chapter 3 survey:

<https://svrirtc.instructure.com/courses/250296/assignments/2528090>

Click on the link below to return to home page:

<https://svrirtc.instructure.com/courses/250296>

Answer Key

Question 1: The correct answer is ... **a)**

The “essential functions” of a job are duties that you must be able to do with or without a reasonable accommodation.

Congratulations on getting this correct!

Review of Terms:

Assessment of a person’s interests, so that they may decide on appropriate careers.

The correct answer is **Interest Inventory**

The physical environment in which you work.

The correct answer is **Work Conditions**

The duties of a job that a person must be able to do with or without reasonable accommodations.

The correct answer is **Essential Functions**

The demand for employment, job availability.

The correct answer is **Job Market**

Excellent!

My Career Survey

Purpose: Many high school students have no idea of what type a career they would like to pursue. However there are many factors in life that can help a person discover his or her career interest. This survey explores the different facets of a student’s life and helps the student choose career options. **Instructions:** Determine the types of careers that you may like based on the different factors in your life and choose three careers to consider in your Strategic Career Planning Guide. If you need more guidance on deciding your interest view the Web site:

<http://www.going-to-college.org/myplace/interests>.

Factors in life	Career Options	Careers Options of Interest
Example		
Hobbies <i>Riding horses</i>	<i>Veterinarian</i> <i>Veterinary assistant</i> <i>Stable assistant</i>	<i>Veterinary assistant</i>
Extracurricular activities		
Parents career		
Other relatives career		
Career portrayed in favorite TV shows		
Career of other individuals in community you admire		
Suggestions from instructors		
Previous jobs or work experiences		
Career suggested from taking interest inventories—See school counselor or instructor about taking an interest inventory		
Careers suggested from other career planning courses		
Job Shadows-- See school counselor or instructor about doing some job shadows in areas of interest		
Job Fairs		
Hobbies		
Service Learning		
*Record your three choices and include them in your Strategic Career Planning Guide		
#1	#2	#3

If you would more information about different careers, review the careers on the following Web sites:

- <http://www.bls.gov/oco/> See instructions.
- <http://wiscareers.wisc.edu> Instructor will provide Login Information.
- <http://www.careeronestop.org> Site has some nice videos about different careers.

Strategic Career Planning Guide

1	<p>Have I determined my career interest? IF NOT ●Complete My Career Survey</p>	Career Interest # 1	Career Interest # 2	Career Interest #3
2	<p>Do I know the skills needed for my career interest? IF NOT ●Review your career interest s on Dept of Labor website www.bls.gov/k12/ See instructions</p>	Skills (essential functions) needed	Skills (essential functions) needed	Skills (essential functions) needed
3	<p>Do I know my skill level and strengths? IF NOT ●Review grades, accomplishment thorough out high school and Work Skills and Accommodations Analysis— Assignment2.15E</p>	Skills I have	Skills I have	Skills I have
4	<p>Can I achieve the skills I need for this career choice IF NOT ●Disregard as a career option</p>	How will I achieve the skills or essential functions?	How will I achieve the skills or essential functions?	How will I achieve the skills or essential functions?