THE CAREER PATHWAYS PLANNING GUIDE

Getting a job is an important step toward adulthood. But it can feel overwhelming to plan for a career or continuing education while you're still in high school. The Career Pathways Planning Guide makes this process easier for young adults with disabilities. Using five simple steps, the guide helps you identify and prepare for a career path that motivates and inspires you. Additional information on each of these steps is available on CareerOneStop's **GetMyFuture Portal**.

Step 1. Self-Exploration: Understand Yourself

- Begin your career journey by exploring your interests and strengths, gaining an understanding of your disabilities, and thinking about the reasonable accommodations you may need at work.

Step 2. Career Exploration: Understand Your Options

- Do research and/or seek out work-based learning opportunities to familiarize yourself with career possibilities that match the strengths and interests you discovered in Step 1.

Step 3. Career Planning: Develop Your Goals

- Develop a career plan that maps short- and long-term career goals as well as the education and support needed to reach them.

Step 4. Skill Building: Expand Your Skill Sets

- Understand the two kinds of skills for school and jobs. Soft skills are personal habits like teamwork, communication, and being reliable. Hard skills are things you learn, like using a computer or doing math. Learn these skills to help you reach your education and job goals.

Step 5: Starting Your Career: Get a Job

- Use the information you gathered in Steps 1–4 to start your job search and plan how you will succeed at work and/or advance to other positions.

The Career Pathways Planning Guide can help you and your family plan and prepare for the transition from school into the world of work. The planning guide involves taking classes, participating in training, gaining hands-on work experience, and receiving support services that can lead to careers. The career pathway planning process can connect your employment goals with services available through **special education**, **Minnesota Youth Program/MN DEED**, and **Vocational Rehabilitation Services**. When you make your career pathway a priority, you strengthen your advancement toward college, career, and adulthood.

(See the student career planning roadmap illustration on the next page.)

ETM Employment Transition Model Demonstration Grants

EMPLOYMENT AND ECONOMIC DEVELOPMENT

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PREPARING FOR A CAREER

A Roadmap for Students

STEP 1: Get to know yourself

- What are you good at?
- What are your interests?
- What is important to you?

STEP 2: Explore your options

- What careers match your strengths and interests?
- How can you get hands-on experience?
- What kind of training do you need?

STEP 3: Develop your career plan

- What are your career goals?
- What steps will you take to reach them?
- What supports do you need to be successful?

STEP 4: Expand your skills

- Do you know the difference between "soft" and "hard" work skills?
- Which of these skills will you need for your chosen career?
- What opportunities are available to help you build those skills?

STEP 5: Get a job and advance in your career

- How will you find a job?
- How will you keep it?
- How can you advance into other positions?

Note: This flowchart was originally produced by Minnesota's Department of Employment and Economic Development (DEED) and has been adapted and reproduced in this format with permission.

OTHER THINGS TO CONSIDER:

Do you have housing, transportation, day care, and health insurance? If you have public benefits, how will work affect your eligibility? Do you know where to go if you need help?