

# Preparing to Get a Job

If you are thinking about getting a job, you are making an important life decision.

Before you move forward with this big decision, it's a good idea to give it some thought. You can start by answering a few questions that may give you some insight and help prepare you for this exciting next step.

**Are you ready to have a job at this stage in your life? Why?**

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**What will be some good things about getting a job?**

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**What might be difficult about having a job?**

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**Do you want a part-time job or a full-time job?**

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**How many hours do you want to work at first?**

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# Preparing to Get a Job Worksheet

*continued*

**List some of your skills.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_

**Have you spoken to a benefits counselor about how working might impact your benefits?** (circle one)

**Yes          No**

**Note:** If you answered “no,” it is strongly suggested that you speak to a benefits counselor before seeking work. Ask your employment specialist or case manager for a referral to a benefits counselor.

**There are many routes to employment including Supported Employment, Sheltered Employment, Transitional Employment and Vocational Training (see page 13). Do you have an idea of what route to employment you want to take? Why?**

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## **Employment Checklist**

	<b>Done</b>	<b>Need to Do</b>
Determine the type of work you want to do	<input type="radio"/>	<input type="radio"/>
Meet with an employment specialist	<input type="radio"/>	<input type="radio"/>
Speak with a benefits counselor	<input type="radio"/>	<input type="radio"/>
Prepare a resume	<input type="radio"/>	<input type="radio"/>
Practice interviewing skills	<input type="radio"/>	<input type="radio"/>