

TD's Tips!

Career Exploration Planning & Preparation



What can I do?

1. Meet with your case manager or transition coordinator and ask them what you can do to start exploring careers as a part of what you do during school.
2. Complete a career interest, personality, or values test – or all three! They tell you the kind of work that matches who you are and what you value.
3. Once you have an idea of what careers are a good match, ask your family or transition team if they know anyone who works in any of the careers so that you can job shadow or interview the person about their work.
4. Explore the websites [My Next Move](#) or [Road Trip Nation](#) to get new ideas. You might find a job you never knew existed that would be great for you!

Pro Tip!

Use the results from your career assessment and list out the top three careers in your results. Explore each career by doing research on [My Next Move](#). Figure out what you would need to learn how to do to be prepared for that job or career.

How about an ultimate challenge?

Ask your transition team if there are internship or work based learning opportunities in your community. Find out what you need to do to be participate in one that is a good match for you. Make a plan to get connected and get to work!

