

TD's Tips!

On-the-Job Training



What can I do?

1. Ask your transition team if there are work based learning opportunities with on-the-job training through your school or school district.
2. Look for job postings that advertise on-the-job training and call them to ask questions about what that looks like for people they hire.
3. Ask your transition team if there are vocational rehabilitation programs that have on-the-job training and see if they are a good match for your interests.
4. If you have decided college is not for you right now, consider on-the-job training that leads to industry credentials for your education and training post-school goal.
5. Work with your transition team to decide what reasonable accommodations you want to request to support your learning during on-the-job training.

Pro Tip!

Practice disclosing your disability and requesting reasonable accommodations with a family member, classmate, or trusted adult on your transition team.

How about an ultimate challenge?

Keep a video journal to describe how you feel at the beginning, during, and after on-the-job training. If you like, share the recordings with someone you trust and have a conversation about your experience.



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This tip sheet is aligned to the “Employment” lesson plan. You can search in the “resources” page on [transitiondiscoveries.org](https://www.transitiondiscoveries.org) to download it!