

# TD's Tips!

## Unpaid Work Experience



### What can I do?

1. Think about what it means to be a team. What kinds of skills or personality traits would you like to have in people you work with?
2. Ask someone on your transition team to connect you to work based learning experiences through your school, including unpaid work experiences like internships and community volunteer opportunities.
3. Develop time management strategies to keep track of deadlines for internship opportunities or your goals for community volunteering.
4. Join clubs at your school that do service work and community volunteering to give you more opportunities for unpaid work experience.

### Pro Tip!

Professionalism includes how you dress and act, being attentive to your work tasks, and contributing to your work team. Make a list of the ways you stand out as a great employee and add those qualities to your resume!

### How about an ultimate challenge?

Share this list of qualities with your team. Ask them to help you identify how your unpaid work experiences could help you stand out even more to a future employer!



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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!