

Career Planning Suggestions

Deciding on a career

- ⇒ Do some career testing
- ⇒ See a career counsellor
- ⇒ Go to the library - read about careers
- ⇒ Look at job ads in the newspapers
- ⇒ Talk to friends and relatives about their jobs
- ⇒ Interview someone about their job
- ⇒ Job shadow someone
- ⇒ Volunteer in an area of interest
- ⇒ Read a college or university calendar of courses



- ⇒ Read about course requirements
- ⇒ Visit a campus to check out accessibility
- ⇒ Apply for student loans and scholarships
- ⇒ Apply for a social insurance card
- ⇒ Meet with a special needs counsellor
- ⇒ Inquire about on-campus health care
- ⇒ Apply for disability assistance (many programs have special assistance for all chronic health conditions)



Preparing for education or job training

Looking for a job

- ⇒ Complete a resume
- ⇒ Gather letters of support and recommendations
- ⇒ Visit an employment centre
- ⇒ Read job ads
- ⇒ Identify potential employees
- ⇒ Register with a job placement service



More great ideas from:
Adolescent Employment Readiness Center
Washington, D.C.