

Getting ON TRAC: Transition Activities

Every Experience Counts

Volunteering and work experiences help teach you new skills, build confidence and suggest career opportunities.

EXERCISE: *Make a list of all the places in your neighbourhood/community that you could volunteer for different types of work experiences:*



Pick one that is of interest to you and ask if they have a volunteer position. Apply for that position if it seems suitable to you and your family.



Learn about different kinds of jobs. Check out library videos that describe people's lives and their work. Read about different types of work. Interview people about their work experiences.

Job shadowing is another excellent way of learning about work and career choices. Is there a job that interests you? Ask one of your parent's friends, someone in your family or a school counsellor if they know of someone you could job shadow.



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• Occupation/Job you are interested in: _____

• Name of person to contact: _____ Phone number: _____

• Name of person to contact: _____ Phone number: _____

• Date of experience: _____

• Place: _____

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