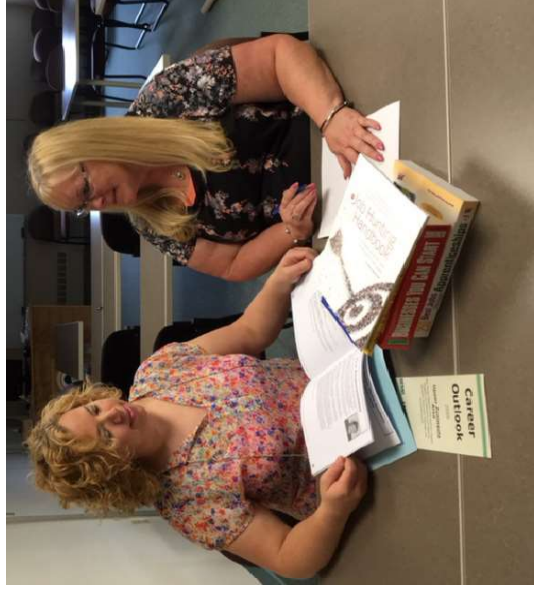


## Job Exploration

Learn about different jobs, consider which jobs interest you and what skills you need to gain to be successful.

### Examples:

- Career Awareness
- Career Workshops
- Career Student Organizations
- Job Interest Inventory
- Labor Market Information
- Vocational Counseling
- In-demand Occupation Information
- Start Career Portfolio



## Work-Based Learning Experiences

Participate in activities to learn about the workplace.

### Examples:

- Worksite Tours
- Volunteer Work
- Job Shadowing
- Job Try-out
- Exploring Apprenticeships
- Career Mentorship
- Fellowship
- Informational Interviews
- Internships (paid or nonpaid)
- Trial Work Experiences
- Student-led Enterprises
- Simulated Workplace Experience
- Short-Term Employment
- Work Experience (paid or nonpaid)

## Counseling on Postsecondary Education Programs

Learn about options for continued education and training after high school.

### Examples:

- Identifying Interests and Abilities
- Investigating, Exploring and Comparing Postsecondary Institutions
- Promoting Participation in Postsecondary Education Preparation Classes, etc.
- Identifying Financial Aid Options
- Postsecondary Institution Visits/tours
- Information on Academic Curricula Necessary to Earn Specific Degrees
- Assisting with Information Regarding College Application, Admissions Processes, and Free Application for Federal Student Aid
- Accessing Disability Offices, Resources and Websites
- College Success Workshop
- How to Advocate for Needed Accommodations and Services in Postsecondary Setting
- Identify Learning Style Preferences and Goals
- College Essay Writing Workshop

## Workplace Readiness

Learn about and gain skills to be ready for employment.

### Examples:

- Communication Skills
- Job Seeking Skills
- Job Readiness Programs
- Financial Education, including Benefits Planning
- Information on How Work Impacts Social Security Benefits
- Employment Friendly Social Media Practices
- Technology Skills for the Workplace
- Soft Skills Development:
  - Positive Attitude
  - Teamwork
  - Problem Solving
  - Talking/writing
  - Cooperation
  - Active Listening
  - Decision Making
  - Conflict Resolution
  - Body Language
  - Professionalism
  - Work Manners
  - Supporting Others
  - Taking Initiative
  - Showing Respect

## Self-Advocacy and Peer Mentoring

Learn about and gain skills to advocate for yourself and request accommodations that you need to be successful.

### Examples:

- Peer Mentoring Program
- Peer Guidance
- Developing Self-advocacy Skills
- Self-advocacy or Self-determination Workshop
- When/how to Disclose Disability
- How to Request Accommodations
- Decision Making
- Goal Setting
- Knowing Rights and Responsibilities
- Leadership Skills



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# Pre-Employment Transition Services

Michigan Rehabilitation Services can help you prepare for future employment goals

