

Building a Career



Most people work for a long time during their lives. Their jobs change and the work they do changes. We call this having a career.

The first step to building a career is to find a job. This position could be paid work, an internship, or a volunteer role.

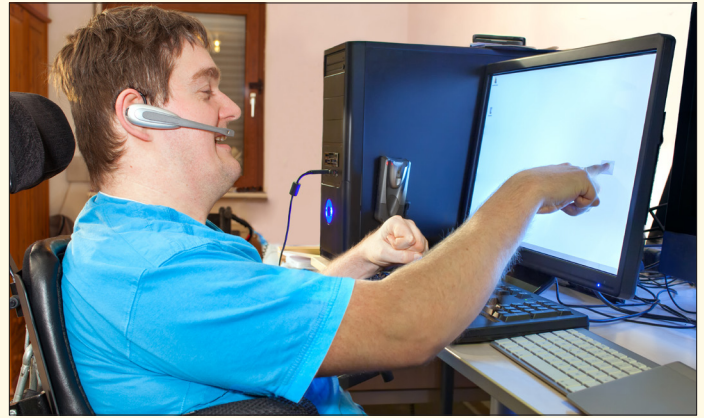
Here are steps you can take to find a job.



1. Ask people you know if they know of any jobs.
2. Write a resume to tell an employer about your strengths and abilities.
3. Visit job fairs to see what jobs are in your area.
4. Talk to vocational rehabilitation (VR) or job services agencies. They can help you build job skills, write a resume, and find a job.

Keep learning to do things after you get a job. Do your best work and develop your interests.

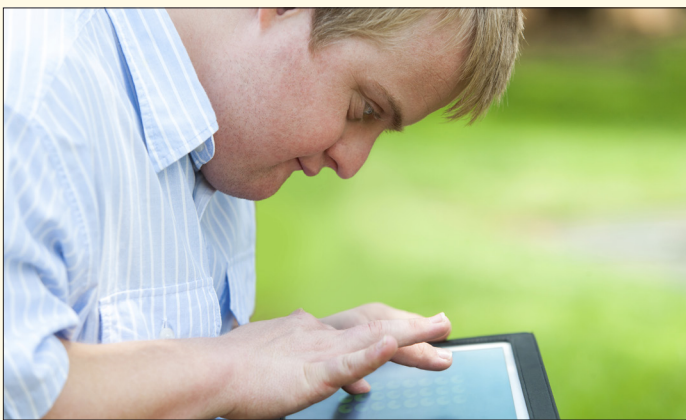
Here are some things you can do to keep building your career.



1. Ask your supervisor how you are doing at your job. Listen to your supervisor. Try to make any changes your supervisor asks you to.

2. Practice your rights as a worker when you need to. Some changes can help you do your job. Workers with disabilities can request changes when they need them. These changes are called "reasonable accommodations."

For example, Joan has trouble reading a manual. The words are too small. A reasonable accommodation is to have the words be made bigger.



3. Always keep learning new skills and pursuing your interests. These can help you build skills for your next job.

4. Talk with people and go to conferences. Building a strong network can help you find a next job.



5. Find a mentor who can help you build a career. A mentor is someone you think is successful in their job. This person gives you advice on how to be successful. They can also help you find a next job.

**Contact us if you need
more help.**

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