

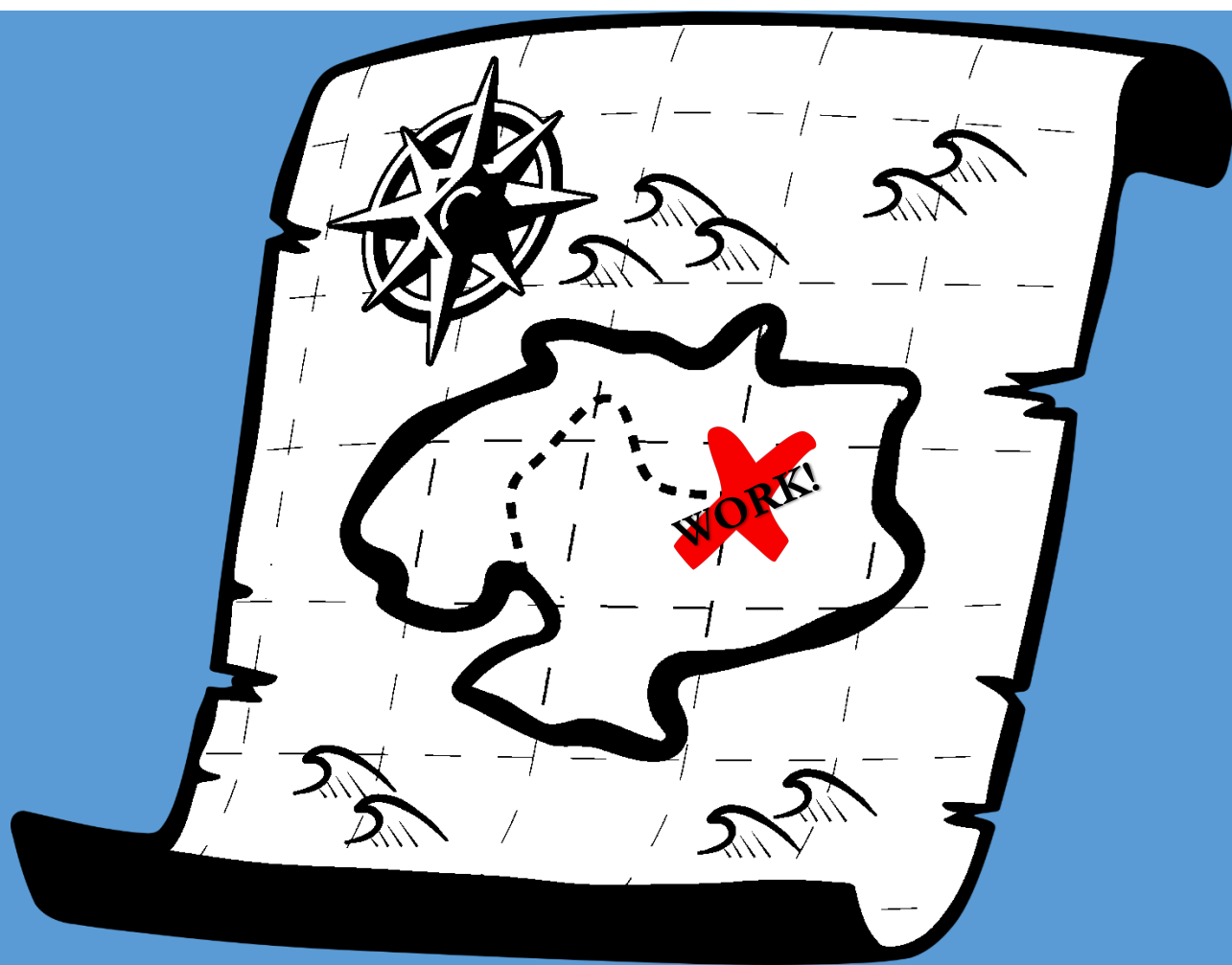
This book belongs to \_\_\_\_\_.



Roosevelt Warm Springs

# Picking My Path

2020  
Distance  
Learning  
Edition



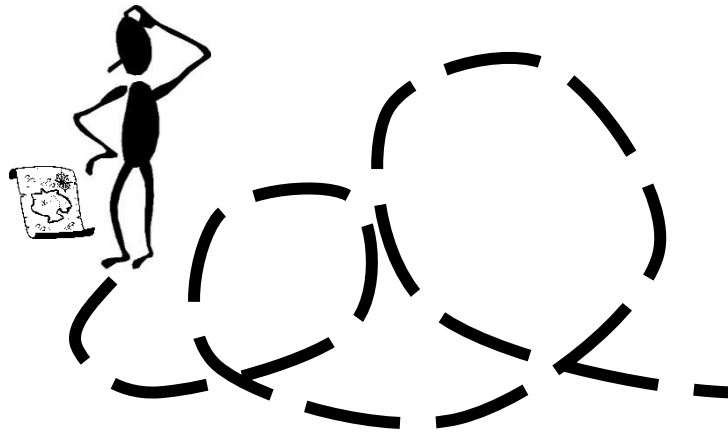


# Introduction

Hello! You are HERE.

You are:

- Learning what it means to **work**;
- Probably not already working;
- Thinking about the **future**...



In this workbook, we are going to learn about:

- Your **strengths, needs, and interests**;
- Different careers you may want to explore;
- How to prepare for life beyond high school;
- How to set goals for your future.

# Let's get started!

## Three Ingredients!

Finding the right job is like  
making a pie!

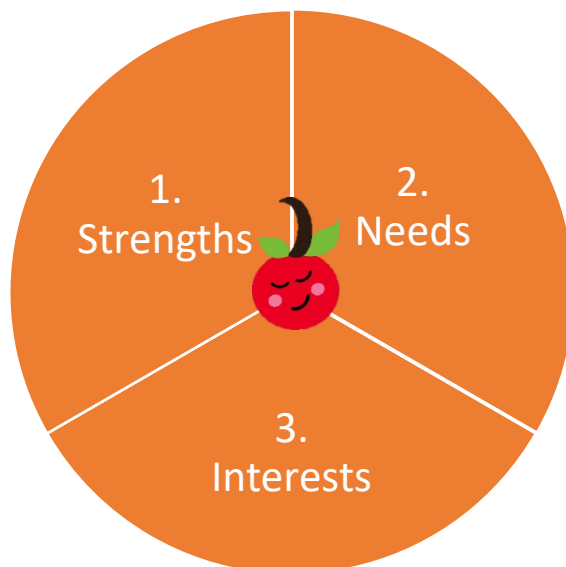
You need 3 ingredients!



### RECIPE FOR A GOOD JOB

1. Know what you are good at.
2. Know what you need to be successful.
3. Know what you are interested in!

If you know these things, you can find the right job for you!

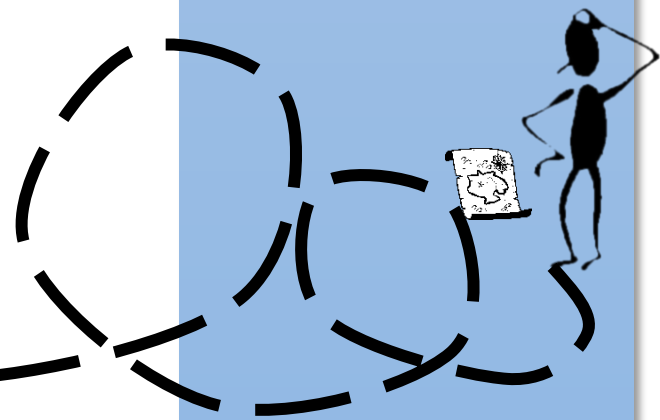


It seems easy to think of things we are NOT good at. ☹️

If we are going to do good work, we need to know what we do WELL. 😊

Think about the questions on the right.

Ask a friend, family member or teacher to help you! They will be able to think of more things for you to write down.



## Strengths

### What are you good at?

1. What are some tasks that other people ask you to help them do?
2. What are abilities, talents, or tasks people compliment you on?
3. What subjects are you best at in school?
4. What tasks or activities did you learn to do very quickly?
5. What chores are you able to do on your own?
6. How do you learn the best?
7. Do you drive? If so, this is a strength!
8. How would someone else complete this sentence about you:

“(Your name) is a  
\_\_\_\_\_ person!”

**Think about the answers to the questions from Page 4.**

Now, write your strengths here!

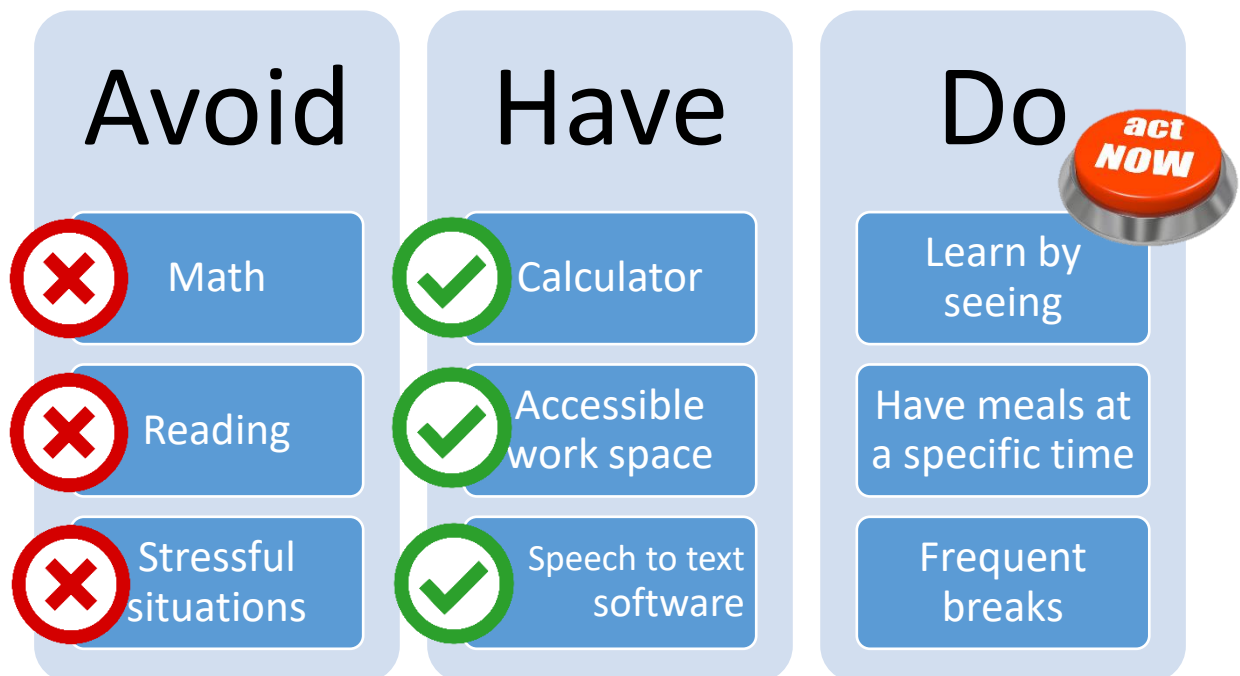
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## Needs / Conditions for Success

Let's think about what it takes for us to be successful.

Rather than thinking about our “needs” or “limitations,” let's think of these as our “conditions for success.” In other words, what needs to happen for you to be able to have a good day or do your job well?

There may be things you should **AVOID** (stay away from), **HAVE** access to, or be able to **DO** at work to give you the best chance for success! Here are some examples:



To identify your needs or conditions for success, think through these questions. Write your needs at the bottom of the pages.



## AVOID:

1. Are there any academic skills that are very hard for you? Like reading, math, or writing?
2. When you are around certain people, sounds, or things, do you lose focus or find it hard to work?
3. Do you work around stressful situations well? If not, you may want to avoid stress at work!
4. If you do not handle stress well, WHAT is stressful to you? Write those things down on the next page.
5. Are you allergic to anything? You need to stay AWAY from that at work!
6. Do you work slowly, and find it hard to work FAST? If so, you need to avoid fast paced work.
7. Do you have any physical restrictions for work?

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## HAVE:

1. Do you work better if you have a calculator?
2. Do you need any special technology, computer programs, or apps to help you at work? (For example: a computer program that reads the words on the screen for you)
3. Do you need any special accessibility? (For example: a desk that is made for your wheelchair to roll under)
4. Are there certain times of the day that you need to take breaks?  
This could be to keep from getting too stressed out, or to take care of a medical need – like checking your blood sugar. You may need frequent breaks to use the restroom or to help you refocus!
5. Can you think of other items, tools, equipment, or modifications that would help you work better on your own?

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## DO:

1. How do you learn the best? Should you be taught by:
  - a. Showing you what to do?
  - b. Telling you what to do?
  - c. A mixture of showing and telling?
2. Do you need to repeat and practice steps until you can remember them?
3. Do you need to work with a partner?
4. Do you need someone to ask questions?
5. Is it helpful for you to have a set routine?
6. Does it help you stay focused if you have a task list?
7. Are there other actions or steps you can do to help you do your best at work?

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## Interests for Employment

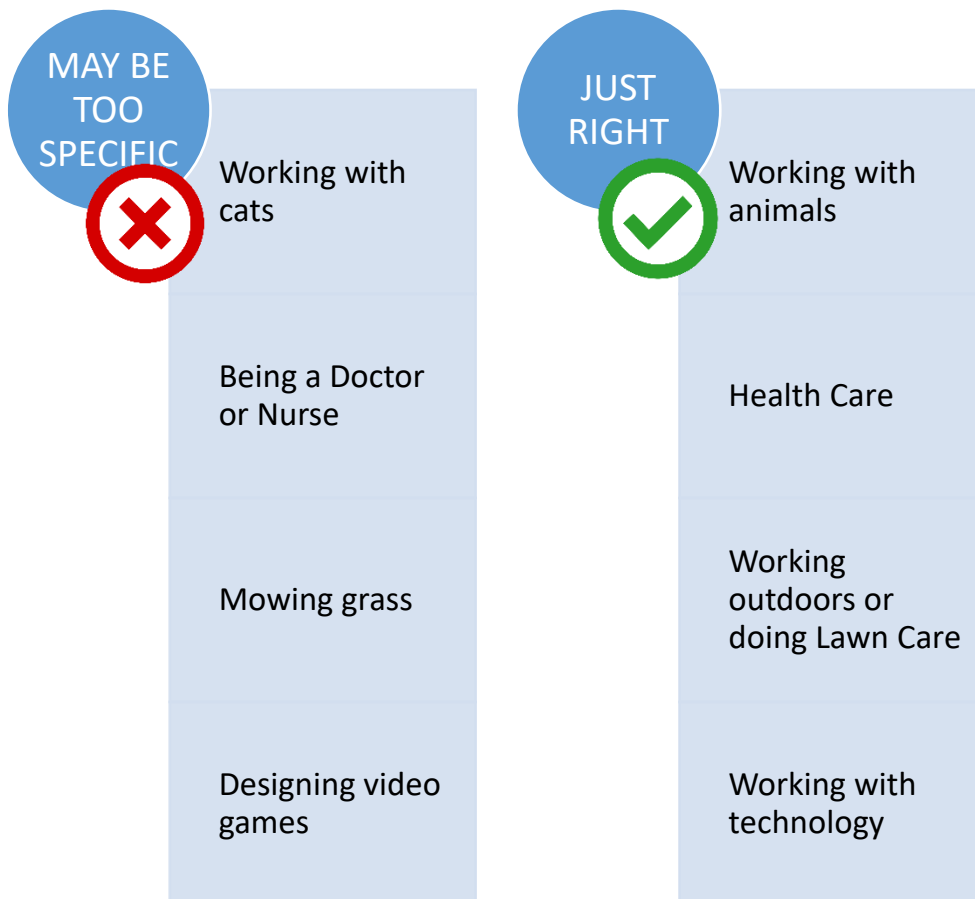
Let's consider what we ENJOY doing...

What activities make you **feel HAPPY** or **GOOD** about **yourself** when you are doing them?

What activities do you like to do **over and over again**?

Do you see *themes* among these activities?

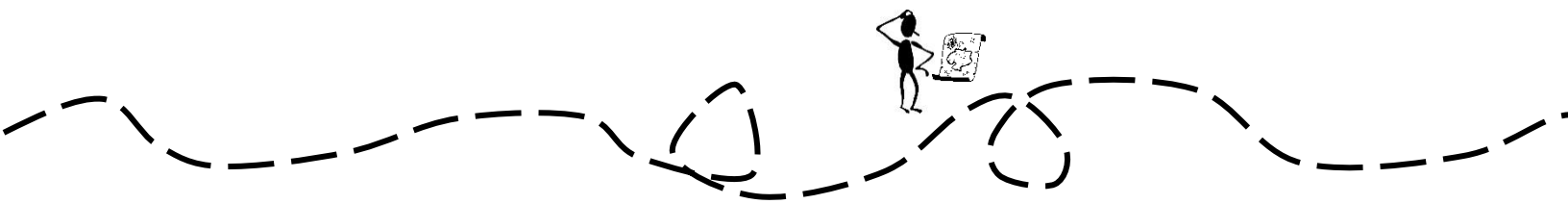
Don't be too SPECIFIC when trying to think of your interests...



When trying to decide your interests,  
ask yourself if you would rather work:

(circle one from each line)

- |                         |    |                   |
|-------------------------|----|-------------------|
| 1. indoors              | or | outdoors          |
| 2. with people          | or | things            |
| 3. with things          | or | animals           |
| 4. in a loud place      | or | in a quiet place  |
| 5. as a team            | or | alone             |
| 6. with some stress     | or | with no stress    |
| 7. staying busy         | or | at a slow pace    |
| 8. with lots of tasks   | or | with 1 or 2 tasks |
| 9. from a chair or seat | or | standing/walking  |
| 10. regular day hours   | or | nights/weekends   |



**What do you think your interests are? Name 1 or 2 below. Do these interests match the choices you made above?**

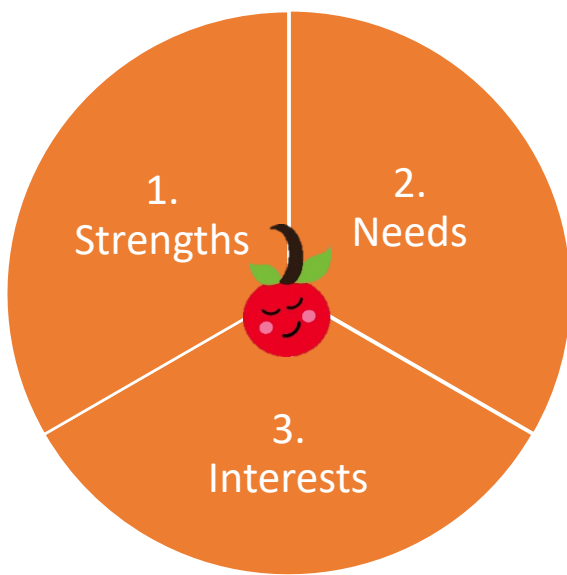
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## Putting it all TOGETHER

Remember our pie?

Well, you have now identified your **STRENGTHS, NEEDS, and INTERESTS** for work.



When you try to think of jobs that may be good for you, try to think of ones:

1. Where you can use your strengths;
2. That fit with your needs and conditions for success;
3. That you are interested in.

This may take some research to figure out! You can look on these websites ([www.onetonline.org](http://www.onetonline.org) or [www.virtualjobshadow.com](http://www.virtualjobshadow.com)) or ask your vocational rehabilitation counselor for help to look up jobs.

What jobs have you thought of that might be right for you?

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## New Adventures!

Leaving home can be exciting **and** scary! How do you get ready for it? Here are some things to work on before going to college, a residential vocational training program, or to live on your own somewhere else.

### Be responsible for yourself

- Maintain your grooming and hygiene on a daily basis.
- Get yourself up in the morning on your own. (use an alarm clock, cell phone alarm, etc.)
- Get to school and other places on time.
- Attend your IEP or 504 meetings and speak up about what you need to help you transition from school supports.
- Keep your room clean and neat each day.
- Do your own laundry and put your clothes away when done.
- Go to store, library, mall, beauty shop, etc. on your own or with a friend.
- If you take medication, learn about them and why you take them. Take medication as prescribed and keep your appointments with your doctor.
- Ask for help when you don't understand something or have a worry or concern.
- Work cooperatively with others and accept constructive feedback.

## IMPORTANT:



Question (check yes or no)	Yes 	No 
Am I setting an alarm to get up on time?		
Am I making sure I am clean and dressed neatly?		
Do I do my own laundry?		
Do I know what medication I take and why? Do I take it on my own?		
Can I find the things I need at the store?		



### Become responsible for your safety and property

- Use your house key.
- If you do not have a driver's license or Georgia ID card, get a Georgia ID card from the Department of Driver's Services and keep it in your wallet.
- Keep up with your wallet and have it with you when you go away from home.
- Keep up with your belongings and know where they are when you need them.
- Let someone know where you are going when you leave home.
- Keep your private information **private** and do not share them with friends – Social Security number, address, passwords, PIN numbers for ATM/debit card, calling cards, etc.
- Only interact online with persons you know and decline Facebook friend requests when you do not know the person making the request.
- Do not loan your things out to others and do not borrow others' things.

## IMPORTANT:

Question	Yes 	No 
Do I keep up with my own things?		
Do I keep my passwords safe?		
Do I know who I can trust?		
Are you responsible for letting others know where you are?		
Do you know where your wallet is at all times?		





### Be responsible for your spending

- Start saving your money and talk with your parents/guardians about opening a bank account.
- Keep a list of things you need to purchase as your supply is getting low, **before** they run out so you have them when you need them.
- Purchase things you need for your personal use – personal hygiene products, cleaning products that you use to keep your room and bathroom clean, etc.
- Assist your parents/guardians when shopping for groceries, household cleaning products, and laundry products, etc. to become familiar with their costs and the products to use for different tasks



**IMPORTANT:**



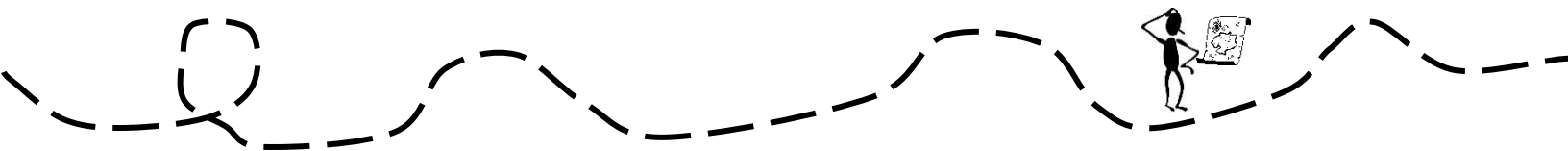
Question	Yes	No
Do I know how to watch my own bank account?		
Do I know when I am running low on things like soap and toothpaste?		
Do I know how much household items cost – like laundry detergent or toilet paper?		
Do I know how to make a budget for the items that I need?		

**WHERE DID YOU ANSWER NO?**

These are good areas to try to learn new skills or set goals for becoming more independent.



## Goal Setting



Using your NO answers from the last activities, let's set some goals! To set a good goal, make it SMART!



Credit: Red Cap Sales Coaching

## Let's set a goal together.

### Step 1 – Make it SPECIFIC.

What do you want to do? Write down one of the things you answered “NO” to in the last activity.

Example: I will learn to do my own laundry.

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## Step 2 – Make it **MEASURABLE**.

How will you know when you did it? Write down how you'll know when you are successful.

Example: I will know I have learned to do my own laundry when I can wash my clothes, dry them, and put them away without help.

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## Step 3 – Make it **ATTAINABLE**.

Is this goal within your power to accomplish?

Example: Yes, I have control over my laundry and I can do it!

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## Step 4 – Make it **REALISTIC**.

Is this goal possible for you to accomplish realistically?

Example: Yes, it makes sense that I should be able to learn to do my laundry! This is not too hard for me to learn.

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## Step 5 – Make it **TIMELY**.

When do you want to complete this goal?

Example: I will do my own laundry by myself by September.

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***Now, for practice, let's set one more goal!***

What do you want to do?

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How will you know you have met the goal?

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Is it within your power? Yes or No

Is it realistic? Yes or No

What is your deadline? \_\_\_\_\_

**AWESOME JOB!**



## MAPs

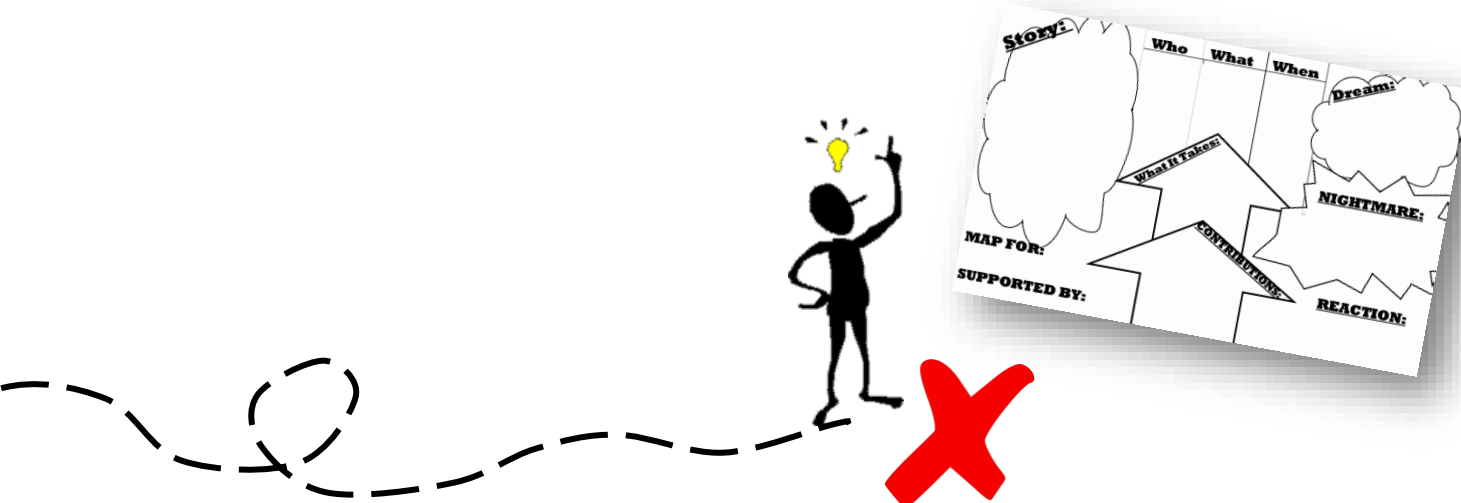
**WOW!** You have:

- Identified your strengths, needs, and interests
- Thought about jobs that might be a good fit for you
- Learned about areas where you can be more independent
- and learned to set SMART GOALS!

**We have one last activity for you!**

Making Action Plans or MAPs is a tool for helping you share your dreams for your life with others and getting their support for accomplishing your goals. We are going to make a MAP together!

When we are done, you will have something visual to keep you focused on your goals. On the next pages, you will see the parts of a MAP with descriptions and instructions. You can make your own on the last page of this book.



**Story:**

#2

Here, you should draw pictures about things that are important to you! What makes you who YOU ARE? What are the important parts of the story of your life?

#1

**MAP FOR:**  
**SUPPORTED BY:**

Put your name here.

Write the names of

people you believe will support your goals and future here. Make these people YOU CAN COUNT ON.

## **Dream:**

#3

Here, you should draw or write about your dreams for your life! What do you want to accomplish, own, or have in life?

Travel? Success? Relationships? Hobbies? The possibilities are endless!

## **NIGHTMARE:**

#4

What are you scared of? What would be your NIGHTMARE!? Don't spend too long thinking about this... Just QUICKLY write down what you DON'T want to happen in life.

Who	What	When
#7		
What It Takes:		
	#6	
CONTRIBUTIONS:		
	#5	

Look familiar? YES! It's SMART GOALS. In the WHO column, you can write down the name of someone who might help you to meet your goal!

What will it take to fulfill your dreams? Are there things you need to learn to do? Steps you must take? Strengths you need to grow?

Write down some of the strengths you wrote on page 5! They are important to fulfilling your goals in life! These are contributions you can make to your community!

**REACTION:**

#8

FINALLY, share your MAP with someone else. Ask them what they think about it. Write down how your MAP makes *you* feel and how the other person feels about it.

## NOW IT IS YOUR TURN!

**Story:**

Who	What	When

**What it takes:**

**Dream:**

**NIGHTMARE:**

**CONTRIBUTIONS:**

**MAP FOR:**

**REACTION:**

**SUPPORTED BY:**



**THANK YOU SO MUCH** for joining us on this journey!  
**We hope you have enjoyed the activities, had fun setting goals, and have learned more about yourself!**

For more information about Roosevelt Warm Springs,  
call (706)655-5000.

For more information about the  
Georgia Vocational Rehabilitation Agency,  
visit [www.gvs.ga.gov](http://www.gvs.ga.gov) or call (844)367-4872.