

What Job Do You Do?

You may already have job experience: Do you...

- Baby-sit younger kids?
- Help your family around the house?
- Do yard work for your neighbors?
- Care for a pet?
- Help your grandmother in her garden?
- Volunteer to help your teachers?
- Work a part-time job in the summer or during the school year?



Work is a great way to learn basic skills:

- Cooperating with others
- Increased responsibilities
- Value of money
- Job skills
- Time management skills
- Self-confidence

Remember, although it is nice to get paid for what you do, **volunteer work is a good way to get experience** when you are not sure what you want to do or how much time you will have to do it.

Getting work experience when you're young will help you learn how to keep your future jobs and can help you to save money to buy the things you want to have.

You may find the following resources helpful:

- **Illinois Worknet Center:** http://www.illinoisworknet.com/vos_portal/?partner
- **Department of Human Services Disability and Rehabilitation Services:** <http://www.dhs.state.il.us/page.aspx?item=29727>
- **Illinois Career Resource Network:** <http://ilcis.intocareers.org/materials/portal/home.html>
- **Job Accommodation Network:** <http://www.jan.wvu.edu> or 800-526-7234
- **Illinois Employment & Training Center:** <http://www.ides.state.il.us> or 888-367-4382

Some skills you may need for interacting well with your boss and co-workers are listed on the backside of this page.

Skills for Interacting with Co-Workers



- Know how to greet others, shake hands say hello.
- Use good eye contact when talking to or listening to others.
- Know how to introduce yourself, such as stating your first and last name.
- Respect personal body space of others.
- Use an assistive device to talk to others.
- Smile and talk to others during breaks.
- Indicate what you need to be able to do your job.
- Ask and answer questions.
- Get along with others.
- Show likes/dislikes in workplace.
- Keep your emotions within limits.



We're here to help. To learn more about UIC-Specialized Care for Children's programs and services, check out our website at:

dsc.c.uic.edu or like us on  facebook.com/dsc.c.uic.edu