

Gaining Work Experience

Transition Skills, Tips & Tools
Is It Time to Get a Job



There are many ways to get work experience and find a job you love.

- **Work is a great way to learn basic skills**, such as:
 - Getting along with others
 - Understanding the value of money
 - Managing time
 - Handling new responsibilities
 - Developing self-confidence
- **Working can give you:**
 - A sense of accomplishment
 - Self-worth
 - Independence
 - A way to share your strengths and gifts
 - New friendships
- **You may already have job experience.** Do you:
 - Babysit younger kids?
 - Help your family around the house?
 - Do yard work for your neighbors?
 - Care for a pet?
 - Volunteer to help your teachers?
- **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.
- Having a job when you are young will help you find and keep a job when you are older.

- If you would rather not work during the school year, consider working only during the summer.
- Wouldn't it be nice to **have work benefits and make more money** than what comes from Social Security every month? With Supplemental Security Income (SSI) work incentives, you can go to work and not lose your medical/Medicaid card or your SSI.
- **Ways to gain work experience:**
 - Volunteer for community work or school projects.
 - Work around the house or for neighbors or friends.
 - Spend time watching (job shadowing) someone already doing the type of job you want to do.
 - Work a part-time job for experience and start a good work record.
 - Work a job within the community during the school year as part of the school-work program.

Here are resources to help you build work experience and prepare for job success:

PACER's National Parent Center on Transition and Employment Learning Center - www.pacer.org/transition/learning-center/employment/

PACER's "Building a Resume: Tips for Youth with Disabilities" handout - www.pacer.org/transition/resource-library/publications/NPC-23.pdf

Illinois Worknet Center - www.illinoisworknet.com/

Department of Human Services Disability and Rehabilitation Services - www.dhs.state.il.us/page.aspx?item=29727

Illinois Center for Transition and Work - ictw.illinois.edu/

Illinois Career Information Center - ilcis.intocareers.org/materials/portal/home.html

Job Accommodation Network - askjan.org/ - (800) 526-7234

Illinois Employment & Training Center - ides.illinois.gov/ - (877) 342-7533

Seven Fast Facts on Work-Based Learning Experiences - ictw.illinois.edu/docs/librariesprovider25/fact-sheets/woia/wbles.pdf?sfvrsn=c28fa619_14

We're here to help.

To learn more about the Division of Specialized Care for Children's programs and services, check out our website at: dscc.uic.edu

