



Student Guide

Introduction to Supported
Employment

My Profile ... My Thoughts

My strengths:

My challenges:

How I like to learn:

Strategies I use to help me be successful:

My skills:

My interests:

Community activities I am involved in:

What I see myself doing after high school:

My concerns about my future:

Why am I excited about my future:

Career areas/occupations I am interested in:

What interests me about these careers & why I think they "fit":

My current learning goal(s):

My long term goals:

My short term goals:

Other:

A Vision of My Future

Knowing your skills, strengths and challenges is like finding out where you are on a map. Next, you need to decide where you want to go. This activity invites you to think about where you might be headed and to create a vision of your future.

Answer the questions now (leave those you cannot answer blank). Then try this exercise again at regular intervals – three months, six months, one year and so on – to see how your vision is changing.

Three to five years after high school, I want to be... (working, taking post-secondary classes, traveling, etc.)

Three to five years after high school, I want to be living... (on my own, with friends, with family, etc.)

To live on my own or with friends, I would need to learn how to:

Eventually, the kind of work I would like to do is:

To do this work, I would use these skills:

To do this work, I might need these accommodations/strategies:

Three to five years after high school, my involvement in the community will be:

To get around in my community, I will:

For fun and relaxation, I will be involved in:

I am concerned about the future because:

I am excited about the future because: