

# CAREER PLANNING and TRANSITION

Disability & Employment

## Career Planning: Typical Elements

- Personal Inventory - personal history, likes, dislikes, talents, skills, gifts
- Imagineering the Future - aspirations, dreams, envisioning
- Work Experiences
- Work Preferences (types, conditions)
- Demonstrated Work Performance & Attributes
- Limitations, likely accommodations and/or supports needed.
- Goal Setting (Outcomes) & Brainstorming
- Planning & Commitments

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## Career Planning: Typical Participants

- Transitioning Student
- Parents/Family Members
- Teacher and/or Transition Specialist
- Support Agency Personnel (ACL?)
- Family Friends/Neighbours
- Family Minister
- Other Engaged, Committed People

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## Career Planning: Core Elements

1. The individual is the driving force of the planning process.
2. The individual chooses who they want to be involved in the process. Family and friends are full partners in the planning process.
3. Individuals have interests and gifts that provide a valued role for them in the community.
4. Individuals desire and have the ability to gain and maintain mutually satisfying relationships.
5. Continual listening, learning and action will help the person get what they want in their life.

Person Centered Planning Guidebook

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