

Managing Your Career Strategies for Graduates with Disabilities

Module 1 Career Planning: Video 1 Self-Assessment

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Career Planning video 1: self-assessment

Welcome to Career Planning and Self-Assessment, Module One of our Career and Disability series. Brought to you by the University of Toronto Scarborough AccessAbility Services and the Academic Advising and Career Centre where we will introduce you to a career planning process using a strengths-based approach and guided exercises.

Before we begin please download the activity worksheets at uoft.me/careeranddisability and find the career planning and self-assessment activity.

Let's talk about career planning for those of you still studying. I know that asking you to think about post university plans adds another task to your already full schedule but it can actually reduce stress and help you to feel more connected to your studies.

For those of you that have graduated, this framework can help you to more effectively explore career options and implement strategies to find a job. Career planning can feel stressful no matter when you start the process but with some structure and guidance, we hope to help you feel more confident in your ability to make the transition from school to work.

We will be discussing the career planning process as a cycle with separate but related phases that include self-assessment, research, exploration evaluation, decision making implementation, adjustment and re-evaluation.

You can actually start anywhere in this cycle, but we'll begin with self-reflection. Self-assessment is all about you it involves reflecting on your interests, values, personal qualities and skills so that you can easily evaluate. Career options utilize job search strategies and pursue meaningful work through self-reflection.

You gain a better understanding of your strengths along with potential areas of challenge. This information will guide you through the process of career planning and help you to make informed choices.

It is helpful to think about your strengths and potential areas of challenge in order to plan ahead and make informed decisions during the career planning process. You can now take out your first worksheet which is titled significant stories.

In this exercise, think about times in your life when you felt particularly proud, energized and happy. What were you doing? Were any of these experiences related to your interests or values?

Now, think about challenges, obstacles or barriers that you have faced. What were they? What skills or personal qualities did you use to handle them? Perhaps it was your research

skills and your persistent resilient and positive attitude that helped you respond to challenges in the past.

If helpful, you can review past assessments. For example, psychoeducational or neurological assessments and medical documentation, to help you identify your strengths and possible areas of challenge. Meeting with a career advisor and completing a career-focused assessment tool can help you to further identify your skills and strengths, areas of challenge and generate career options.

Some of the assessments provided by the AA&CC include the strong interest inventory Myers Briggs type indicator and our online self-assessment.

You can learn more information about these inventories on the Academic Advising and Career Centre website or in the resources. The AA&CC has many resources that can help you identify and reflect on your interests, values, personal qualities and skills. Please go to the AA&CC website or see the resources to learn more.

If you would like to provide feedback on these videos or if you have questions or concerns. Please contact the Academic Advising and Career Centre at aacc.utsc@utoronto.ca or the AccessAbility Services at ability.utsc@utoronto.ca