



UNIVERSITY OF
TORONTO
SCARBOROUGH

**Academic Advising
& Career Centre**

AccessAbility Services

Managing Your Career:

Strategies for Graduates with

DisAbilities

Module 1: Career Planning and Exploration

Video 1: Career Planning and
Self-Assessment

1. Career Planning

2. Understanding Employment Equity
3. Addressing Employment Barriers
4. Self-Advocacy and Disclosure
5. Workplace Accommodations

Benefits

- Reduce Stress
- Feel More Connected to Studies

Post-Grad

- More Effectively Explore Career Options
- Implement Job Finding Strategies

Self-Assessment

All About You!

- Interests, Values, Personal Qualities, Skills
 - Easily Evaluate Career Options
 - Utilize Job Search Strategies
 - Pursue Meaningful Work

Though Self Reflection:

- Gain a Better Understanding of your Strengths and Potential Areas of Challenge

Significant Stories

In This Exercise:

- Think about the times you felt Proud, Energized and Happy
 - What were you doing?
 - Were any of These Experiences Related to your Interests or Values?
- Think about Challenges, Obstacles or Barriers you Have Faced
 - What Were They?
 - What Skills or Personal Qualities did you use to handle them?

Career Advisor

- Help Identify your Skills, Strengths, Areas of Challenge and General Career Options

Some Assessments Provided by AA&CC

- Strong Interest Inventory
- Myers-Briggs Type Indicator
- Online Self-Assessment

Find More At:

<https://www.utsc.utoronto.ca/aacc/get-know-yourself>

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Module 1:

Career Planning Self Assessment

Career Planning Process



Significant Stories



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.

- See our Significant Stories activity
- Worksheets:
uoft.me/careeranddisability

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Discover Your Strengths

Think about times in your life when you felt particularly proud, energized and happy

- What were you doing?
- Are there challenges, obstacles or barriers that you have handled?
 - What skills did you use to do this?
 - What personal qualities helped you to manage this challenge?



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If you would like to provide feedback on these videos or if you have questions or concerns, please contact:

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