



UNIVERSITY OF  
**TORONTO**  
SCARBOROUGH

**Academic Advising  
& Career Centre**

*AccessAbility Services*

# **Managing Your Career:** **Strategies for Graduates with Dis*Abilities***

Career Planning, Decision Making  
and Implementation

# Modules

## 1. Career Planning

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

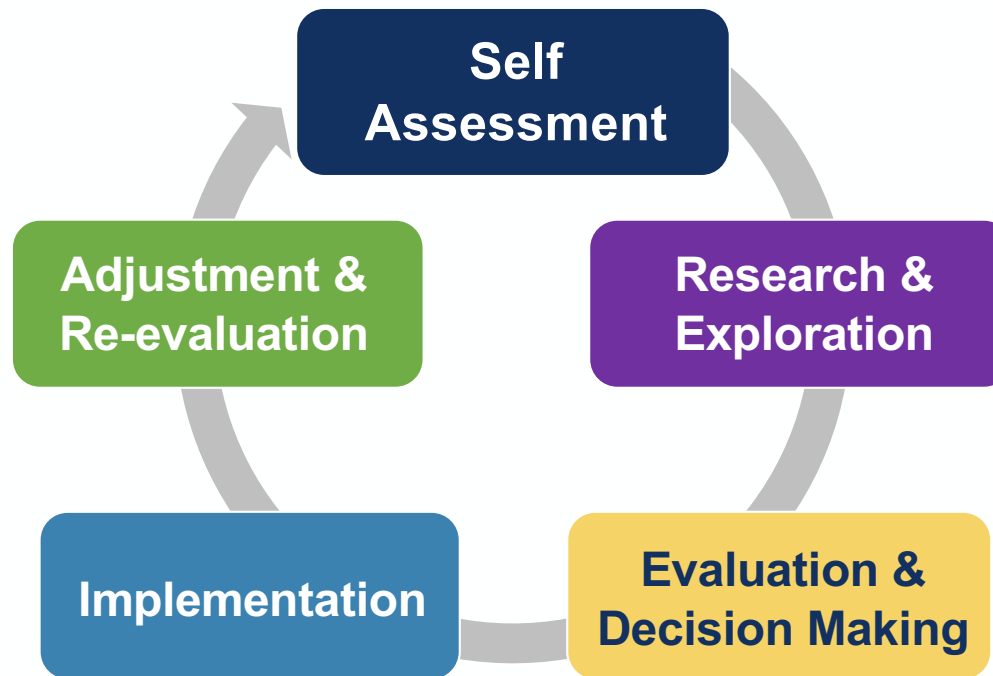


**Module 1:**

# **Career Planning**

**Career Planning, Decision  
Making and Implementation**

# Career Planning Process



# Evaluation & Decision-Making



# Resources



# Pros and Cons

OCCUPATION	Labour Market Trends	Education Requirements	Experience Requirements	Working Conditions	How I Feel About It
Marketing Associate					Confused
Data Analyst					Curious!
Social Media Strategist					Curious!

A low-angle photograph of a wooden ladder against a clear blue sky. A person's hand is visible at the bottom, gripping one of the rungs. The ladder is made of thick wooden poles and rungs, and it extends diagonally from the bottom left towards the top right of the frame.

# Implementation

Taking steps towards your goals

- Gaining additional qualifications or experiences
- Actively job searching
- Targeting your resume and applying for work opportunities
- Networking



# Networking

Networking is the single most powerful tool you have

Process of building relationships in order to move your career forward

- Effective and enjoyable occupational research strategy
- Informational interviews help you to gather career specific information
- You already have a network to start with!

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A blue-tinted photograph of two men sitting on a couch, engaged in conversation. The man on the left is holding a mug and looking towards the man on the right. The man on the right is also holding a mug and looking back at the first man. They are in a relaxed setting, possibly a library or a study area, with bookshelves visible in the background.

# Your Network

You already have a network:  
family, friends, classmates, professors,  
and neighbors

- Tell them about your career goals so far
- Explore what they know and who they know
- Leave a positive impression wherever you go
- Connect people when you can

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# Mentoring

Mentoring relationships can be a key component of your long-term career success

- Connecting with more experienced person in your field of can assist you to make career-related decisions and provide you with
  - Tips and strategies
  - Insider information
  - Support and guidance
- Partners in Leadership program
  - For final-year students



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## Map your Network

You don't have to launch your career alone!

Let's spend a few minutes mapping your network of family, friends and acquaintances, to figure out what supports you already have, so you know what supports you may want to gather for yourself.

See our “Networking Circle” activity  
Worksheets: [uoft.me/careeranddisability](https://uoft.me/careeranddisability)



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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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