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
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

Self Assessment

Adjustment & Re-evaluation

Research & Exploration

Implementation

Evaluation & Decision Making

Adjustment & Re-evaluation

Research & Exploration

Implementation

Evaluation & Decision Making
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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- Worksheets: uoft.me/careeranddisability
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?
If you would like to provide feedback on these videos or if you have questions or concerns, please contact:

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