Managing Your Career: Strategies for Graduates with DisAbilities

Module 1: Career Planning and Exploration

Video 2: Research and Exploration
1. Career Planning
2. Understanding Employment Equity
3. Addressing Employment Barriers
4. Self-Advocacy and Disclosure
5. Workplace Accommodations
• Helps you become more informed
• Assess how well an occupation aligns with your values and goals

**Asking Questions:**
Interests in people, tasks and places
Module 1: Career Planning Research and Exploration
Consider: Geographic Location

- Example: Many pharmaceutical companies in the Greater Toronto Area are in the west end of the city

Consider: Transportation

- Commuting Time & Availability
- Average Commute in the GTA is longest in Canada at 40-45 minutes
Career Planning Process

- Self Assessment
  - Research & Exploration
  - Implementation
  - Evaluation & Decision Making
  - Adjustment & Re-evaluation
Consider Your Interests

Population
- Children
- Youth
- Women
- Older Adults
- LGBTQ
- Ethnic minority groups
- Mental health patients

Work Environments
- Schools
- Hospitals
- Courtrooms/ Prisons
- Laboratories
- Universities/ colleges
- Community Centres
- Corporate offices

Industry Sectors
- Government
- Education
- Health/ Rehabilitation
- Business/ Professional services like consulting, advertising, marketing
- Community services
Research the World of Work

**Career Cruising**
CLNx.utoronto.ca > Resources

**Government of Canada**
National Occupational Classification

**O*Net**
www.onetonline.org
Explore the World of Work

Work and observe workplaces

• Classes with experiential learning built in

• In the Field tours and Job Shadowing (CLNx.utoronto.ca)

• Part-time and summer jobs, internships, volunteering (CLNx.utoronto.ca)

Talk with professionals

• Networking events and information sessions (CLNx)

• Information Interviews
Review the News

You can also learn a lot about trends in the labour market and industry sectors of interest to you by paying attention to your local and national news.

• See our Review the News activity for a guide!
• Worksheets: 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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