Managing Your Career: Strategies for Graduates with DisAbilities
Career Planning, Decision Making and Implementation
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

Self Assessment

Adjustment & Re-evaluation

Research & Exploration

Implementation

Evaluation & Decision Making
Evaluation & Decision-Making

Self Assessment + Research & Exploration → Clarifying Your Career Goals
## Pros and Cons

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<th>OCCUPATION</th>
<th>Labour Market Trends</th>
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<tr>
<td>Marketing Associate</td>
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<td>Confused</td>
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<td>Data Analyst</td>
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<td>Social Media Strategist</td>
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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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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
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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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