Managing Your Career: Strategies for Graduates with DisAbilities

Video 4: Career Planning, Adjustment, and Re-Evaluation
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, Adjustment, and Re-Evaluation
Career Planning Process

Self Assessment

Adjustment & Re-evaluation
Research & Exploration
Implementation
Evaluation & Decision Making
• Maintain a positive attitude
• All experiences can be beneficial as they enable opportunity for:
  – Career exploration
  – Skill building
  – Making contacts and new friends
  – Industry and occupational exposure
  – A stepping stone to your next career move
Adjustment & Re-Evaluation

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Considering Alternatives

Flexible work arrangements are increasingly common, and may create the opportunity for improved balance in your life:

- Part-time
- Job Sharing
- Casual/Seasonal
- Contract
- Telework
- Self-Employment
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Flexible Kinds of Work

When evaluating your goals, you might want to consider working for companies that embrace flexible work arrangements. Identifying these companies is often easy – searching for companies with flexible work arrangements on Google is a great place to start.

See our “Kinds of Work” activity
Worksheets: uoft.me/careeranddisability
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Career Planning Review

• Engage in self-reflection to make decisions that are a good fit for you
• Focus on your strengths
• Conduct research and explore careers
• Explore your options and test them out by job shadowing, volunteering and working
• Identify and expand your network, and share your goals
• Make adjustments to your plans and consider alternatives
• Celebrate your successes!
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Why not get a start on researching the kind of work that align with your needs?

Pause the video and spend a few minutes completing the “Kinds of Work” worksheet.
You Will Change and Grow

- Learn More About Your Interests
- Develop and Enhance Specific Skills

The Nature of Work Will Change

- Factors Like Technology and Economy Will Shape the Way We Engage In Various Occupations and Contribute to the Creation of New Jobs

These influences will impact your goals and might require you to re-evaluate and make adjustments. Career planning is a lifelong process.
If you would like to provide feedback on these videos or if you have questions or concerns, please contact:

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