

Session 2: Knowing Myself Resources

Employment Assessments/Surveys

- [123 Test](#)-you select criteria and types of self-assessments-numerous available
 - [Visual](#). Person selects picture they prefer to better understand jobs and personality. Complete it online and get results
- ARC's Self-Determination Scale:
- [O*NET Career Interest Profiler](#): numerous self-assessment career exploration tools that helps with knowing the type of work activities and occupation you would like. Use the results from the interest assessment to explore different jobs. Includes web-based and paper-pencil format.
- Project 10: [Employment Readiness Checklist](#)
- Project 10 Transition Education Network: [Employment Checklist for Students with Disabilities Exiting High School](#): a simple, brief pre-employment self-assessment that can be used to help determine employment readiness or used as a guide for further employment preparation.
- Transition TN: [Disability Disclosure in the Workplace](#) (interactive scenarios)
- Wisconsin Technical College Systems Programs: [Career Quiz](#)-online option which is easy to use and results will show what jobs or careers match your interest.
- [Work Together: Employment Toolkit for People with Intellectual and Developmental Disabilities](#)
 - [Getting to Know Myself](#): select your work strengths, skills, support needs, learning style, and communication style by selecting pictures or text.
 - [What Kinds of Work Am I Interested In](#): select your work, practice job search, and owning your own business.
 - [It's Time to Get Serious](#): select your preferences at a work environment and find next steps using a goal-setting template
 - [I'm Ready to Work](#): work on resume and cover letter (includes templates); preparing for an interview, and learning how to find benefits counseling

Accommodations and Disclosure

- [Job Accommodation Network \(JAN\)](#): free guidance on workplace accommodations and technical assistance. Information for employers and individuals, toolkit including reasonable accommodations, accommodation process, situations and solutions, and A-Z directory on disabilities, topics, accommodations, and more.
 - [JAN Workplace Accommodation Toolkit](#)
 - [JAN Disclosing a Disability and Requesting Accommodations](#) (multiple resources)
- Learning Disabilities Association of America: [Job Accommodation Ideas for People with Learning Disabilities](#)
- [Pacer Center Guide](#) for tips on managing disability disclosure

Other Useful Resources

- [Adulting on the Spectrum](#): life skills resources, life skills videos, independent living skills.
- [Career OneStop](#): explore career/job options, finding training, help with job search planning, and local help and services
- Charting the Life Course: [District of Columbia on Disability Services, DC Learners & Earners](#)
- Michigan Alliance for Families, [Employment](#)
- [Project 10 Transition Education Network](#)
- [Virginia Commonwealth University \(VCU\), Career Planning Toolkit](#)

Videos

- [Learn Free](#): videos about jobs, careers, decision making, critical thinking, communication, searching for jobs, and more
- [Adulting on the Spectrum Life Skills Videos](#): How to Schedule an Appointment, How to Create a Grocery List; How to Fill Out an Application, Creating a Monthly Budget, Value of a Bank Account, How to Respond when the Doorbell Rings, How to Create Strong Passwords, How to Create an Emergency Exit Plan, How to Read a Paystub, How to Read a Prescription Label, and more.
- [Transition Abilities](#): numerous employment, soft, social, self-advocacy, transition, and other related videos on the YouTube channel
 - [Work Accommodations](#)

Videos Shared in Session 2:

- Transition Abilities: [Self-Advocacy](#)
- Algonquin College: [Self-Assessment](#)
- Transition Abilities: [Work Accommodations](#)
- TAY Collaborative: [Asking for an Accommodation](#)