Assessment

Gathering Information To Make Informed Choices in Employment Planning

Purpose of Assessment

1) To Learn About Yourself
   ♦ To Identify Your Unique Strengths, Resources, Priorities, Concerns, Skills, Abilities, Preferences, Capabilities, Interests and Values
   ♦ To Identify Your Barriers To Employment
   ♦ To Develop Strategies To Overcome Barriers To Employment

2) To Learn About Job Opportunities, Job Requirements, And Wages

3) To Make Informed Choices About Your Employment Goal And Match Your Strengths To Available Jobs

4) To Identify The Necessary Services And Supports To Help You To Become Successfully Employed

Steps Involved in Assessment

1) Learn About Informed Choice (see Informed Choice Fact Sheet)

2) Choose Who Can Help You With Planning For Successful Employment
   ♦ Examples: Vocational Rehabilitation Counselor, Community Resources, Employers, Family

3) Identify Potential Barriers To Employment: what prevents you from working
   ♦ Examples: Transportation, Child Care, Physical Limitations, Concentration/Memory, Communication, Getting Along With People, Finances/Benefits, Assistive Technology Needs, Lack Of Skills Required, Difficulty in Choosing the Right Career, Lack Of Knowledge About Jobs, Medical Issues, Decision-Making Skills, Organizational Skills, Lack Of Work Experience, Poor Work History, Housing, Other Barriers

4) Choose The Ways You Will:
   ♦ Identify and Address Potential Barriers To Employment
   ♦ Identify Your Strengths, Skills, Abilities, Values, and Interests
   ♦ Match Your Skills Interests, Values, Skills, Strengths, And Abilities To Available Careers
     Examples: Self-Assessment, Job Shadowing, Informational Interviews, Job Clubs, Vocational Evaluations, Trial Work Experience, Assistive Technology Assessments, Aptitude Tests, Interests Tests, Values Assessments, or Personality Inventories

5) Use The Information You Have Gathered To Begin To Develop Your Individualized Plan For Employment: (See Guide To Developing Your Individualized Plan For Employment)

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