

Pathway to Dreams:

Dream Journey

Discovering Your Dreams &
Empowering YOU to Achieve the Career You Desire

Adapted Curriculum Student Book

Name

Reach
for the
stars



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DREAM QUEST

Hello!

Welcome to Dream Quest, where you will:

- 
- LEARN ABOUT SELF-ADVOCACY
 - LEARN JOB READINESS SKILLS
 - EXPLORE JOB & CAREER OPPORTUNITIES

In this course, we will be learning about vocational (job) skills that we can develop now, to help prepare us for future employment opportunities! You will learn about choosing the right career for *you* and important skills for finding and keeping the job of your dreams!



Let's get started...

HOW DO I FIND MY DREAM JOB?



Things I am good at ...



independent
with a routine



speaking



helping others



listening



etiquette



being a leader



teamwork



creativity



organizing

Others _____

HOW DO I FIND MY DREAM JOB?

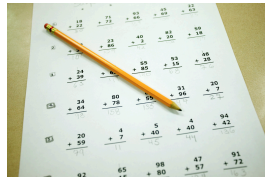


CHALLENGES (needs)

Things I need help with ...



large crowds



math



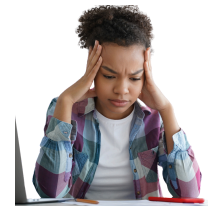
completing
tasks



walking



reading



stressful
situations



communicating



loud sounds



writing

Others _____

What I need to be successful ...

CONDITIONS FOR SUCCESS

To be successful at work, I may need to:

Carefully consider things I do not like or that frustrate me...



**loud
sounds**



**large
crowds**



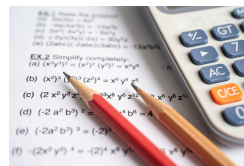
**a lot
of writing**



**stressful
situations**



**a lot
of reading**



**a lot
of math**

Other things to consider:

What I need to be successful ...

Accommodations that will help me become a successful employee.

To be successful at work, I may need to:

Have access to ...



calculator



**computer program
that reads words
for you**



**accessible
workplace**



**speech-to-text
device**



**support
person**

Things I need...



**watch others
model tasks**



**use visual
task analysis**



**eat at
specific times**



**frequent
breaks**



**work flexible
hours**

My other conditions for success...

VOCATIONAL PREFERENCES

Evaluating personal **preferences** when considering job and career options,
is an important step to finding your **dream job**!

Self-reflect to explore your personal preferences related to vocational tasks,
as you begin your journey to discovering your dream job! *(circle/mark your preferences)*



inside



outside



with people



with animals



work fast



work alone



do the same tasks



not work fast



work with a group



do different tasks



work with money



not have to do
a lot of math



stay clean



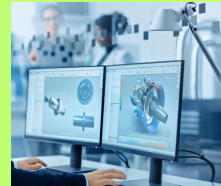
clothes may get dirty



ok to work in a loud place



work in a quite place



work with technology

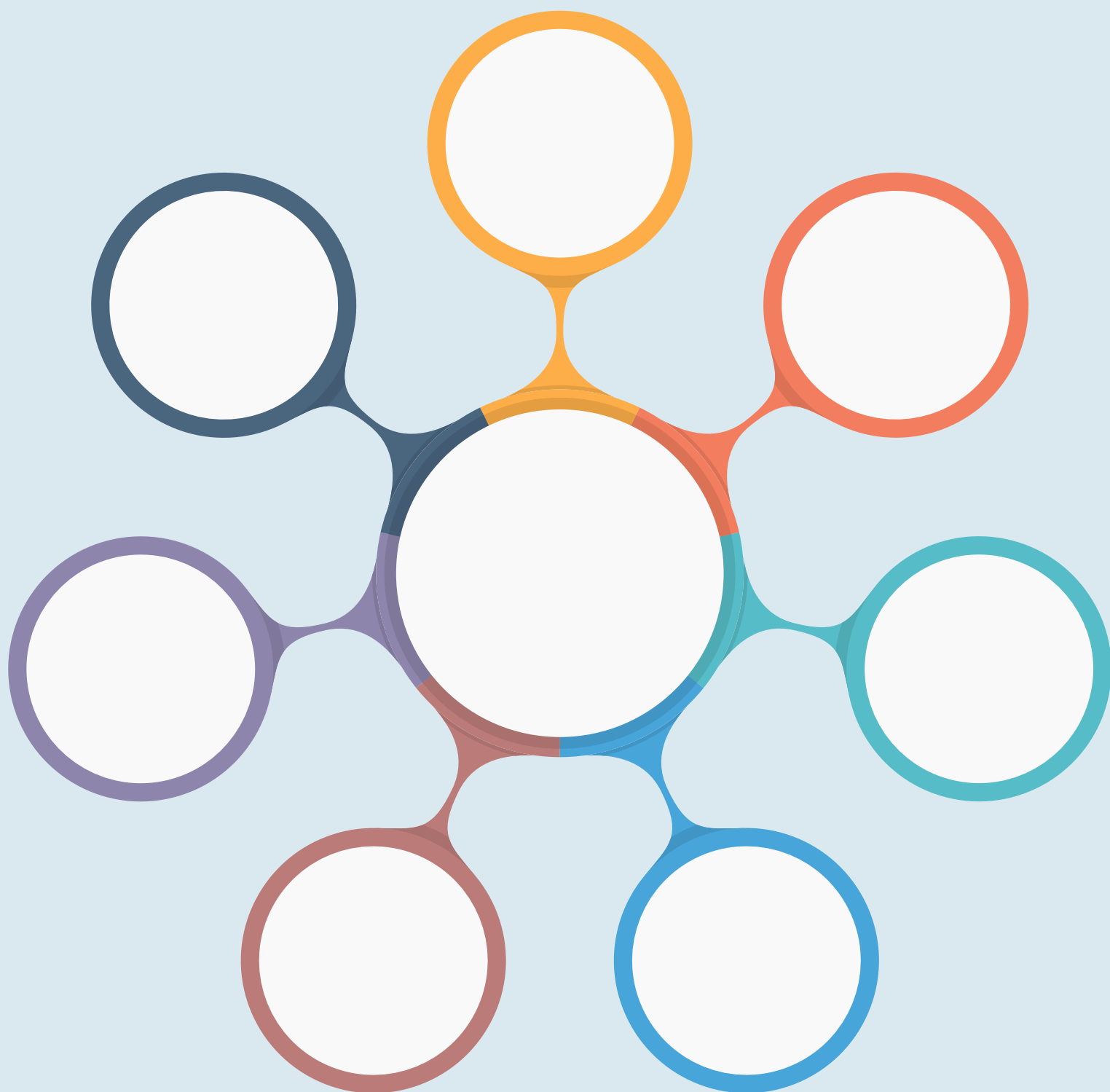


work with tools

Other personal preferences for employment:

My **preferences** will help me consider types of jobs and career options on my journey to finding my dream job!

Exploring Jobs Through My Preferences



Pictorial Interest Inventory

Structured around eight different career fields

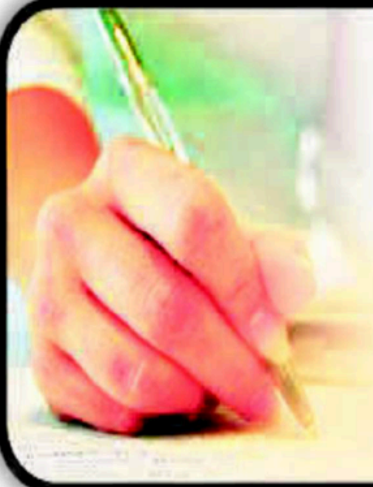
Student name:

Today's Date:

Birth Date:

Age:

How to Use This Inventory



Directions:

- Each page contains three pictures.
- Choose the picture from each group that shows the task you like most.
- Place an "X" under the picture of the task you choose.
- Choose only one from each page.

A



B



C



D



E



F



G



H



A



B



C



D



E



F



G



H



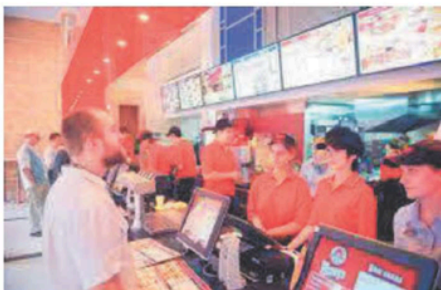
A



B



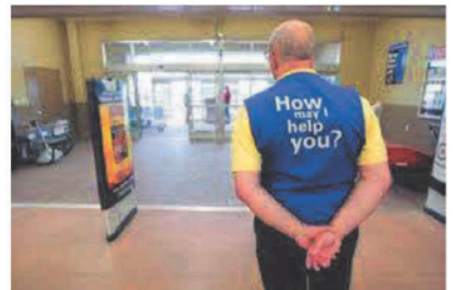
C



D



H



F



G



E



© Can Stock Photo - csp6546287

A



B



C



EA0276033 [001] © www.shutterstock.com

D



E



F



G



H



A



B



C



D



E



F



G



H



A



B



C



D



E



F



G



H



Score Sheet

| Key letter | number of X's | Interest Area |
|------------|---------------|---------------------------|
| A | | Automotive |
| B | | Clerical |
| C | | Food Services |
| D | | Custodial/Housekeeping |
| E | | Landscape/Building trades |
| F | | Materials and Handling |
| G | | Caring for Others |
| H | | Retail |

| | | | |
|---|---|--|--|
| Automotive: Auto Mechanic Tires/brakes inspector Gas Station Attendant Auto Body Repair Truck Driver Auto Body Painter | Clerical: Mailroom Assistant File Clerk Data Entry Shredding Mailings Library Page | Food Services: Line Cook Server Dishwasher Busboy Cafeteria Worker Prep Chef | Custodial/ Housekeeping: Janitor/Custodian Towel Folder Laundry Sorter Stripping/Making Beds Vacuuming Window Washing |
| Landscape/ Building Trades: Construction Carpenter Weeding Trimming Leaf Blowing Lawn Mowing Snow Shoveling | Materials and Handling: Grocery Stocker Grocery Bagger Pallet Mover Unloading Trucks Packing/Unpacking Boxes Scanning Inventory | Caring for Others: Nurses Assistant Hospice Worker Daycare Assistant Pet DayCare Worker Animal Shelter Worker Hospital Escort | Retail: Cashier Store Greeter Retail Clothing Cart Retrieval Stocking Shelves Customer Service |



CAREER INTEREST INVENTORY

- Explore Your Interests
- Discover Career Fields
- Continue your journey to find your **DREAM** job!



Dream
Big



believe →



READY, SET, LET'S GO!

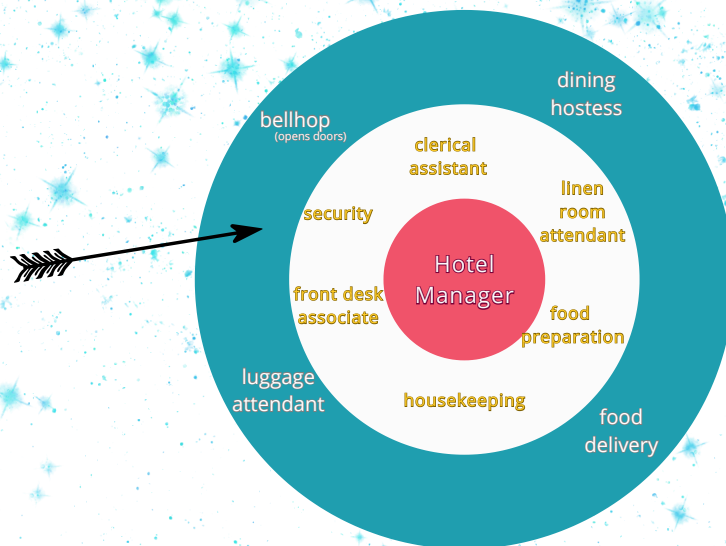
**TO FIND MY *dream* JOB,
I NEED TO CONSIDER ...**

- what jobs will allow me to use my strengths 
- what jobs fit my needs 
AND conditions for success
- what jobs fit my interests 
- related jobs in my career areas of interest *(from career inventory in lesson 3)*

**DREAM
BIG**



NAILING A TARGET *dream* JOB!



Remember, it will be easier to find a "target" job that will make you happy, if you consider all the related jobs in your preferred career area (larger areas on target) vs. only considering one specific job (small center of target).

I have explored career fields that "match" my interests. Now I am ready to consider related jobs in those fields that "match" my strengths, needs, and conditions for success! Possible target jobs that interest me the most:

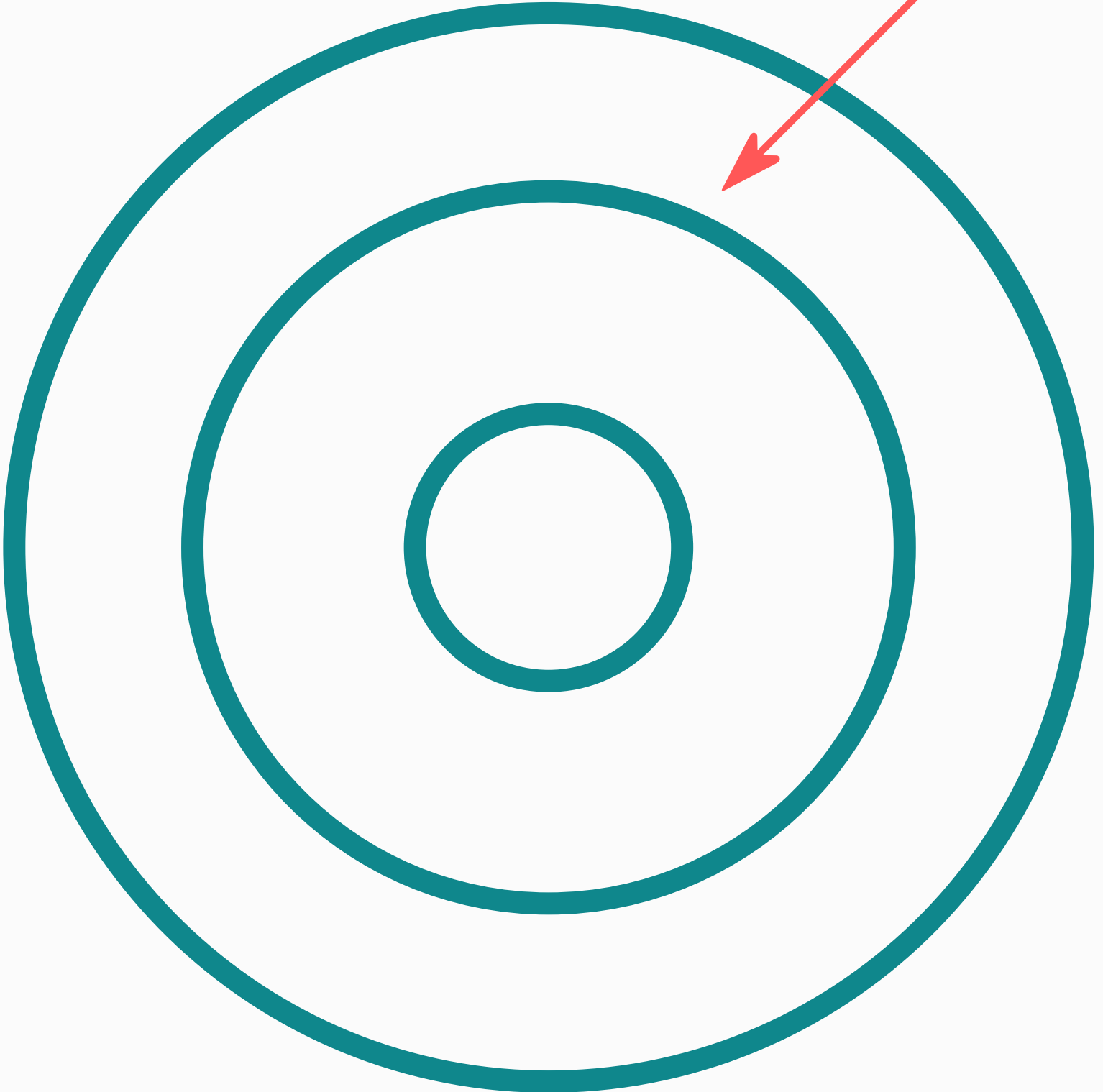
1 -

2 -

3 -

I think my dream job is:

TARGET JOBS



Explore career options by completing your TARGET JOBS template. Begin by writing a job of interest in the center and then brainstorm related jobs in the outer rings. Remember, having a larger “target” helps you explore options that may provide knowledge or experience that could lead to your dream job!

SELF-ADVOCACY



Speak Up! YOU are your best advocate!

- know your rights
- speak up about your needs & desires
- start making your own decisions
- ask for help when you need it

How I advocate
for myself:

If I need help,
I can ask:
(circle)



Parent/
Guardian



Family Member
(grandma, aunt, etc.)



Teacher

Others:

EmPOWER Yourself!
to be independent & successful

COMMUNICATION

sending or receiving information with others
to express thoughts, ideas, or feelings

How We Communicate

verbal:
speaking

nonverbal:
body language

written:
we read and write



some people use alternate ways to help them communicate,
like pictures or devices



Skills I have added to my communication toolbox!

- how to start a conversation/respond to others
- stay on topic/appropriately change a topic
- responding and turn taking
- good volume, so others can hear me
- ask questions, to better understand
- disagree with someone appropriately



Be an
active
listener!



Skills I plan to improve:

| |
|--|
| |
| |
| |
| |
| |

SHINING INSIDE & OUT

Hygiene

- bathe daily
- wash hair
- brush teeth
- wash hands often
- cover cough or sneeze

HEALTH

☀️ keeping your body clean to stay healthy

Grooming

- brush/comb hair
- wear deodorant
- wear clean clothes
- trim nails
- apply lotion

APPEARANCE

☀️ taking care of your appearance

✳️ What would an employer think if you came to work not looking neat and clean?

APPROPRIATE DRESS

Dress for the occasion!

Home

- ✓ house clothes
- ✓ pajamas
- ✓ house slippers
- ✓ robe
- ✓ shower cap/hair cover

School

- ✓ shorts
- ✓ jeans
- ✓ t-shirts
- ✓ tennis shoes
- ✓ belt
- ✗ see through
- ✗ too short, straps too thin
- ✗ has holes
- ✗ gym/exercise clothes

Work

- ✓ pants/khakis
- ✓ dress/skirt
- ✓ dress shirt for ladies
- ✓ polo/button shirt for men
- ✓ dress shoes
- ✓ uniform
- ✗ clothes with words, except company logos
- ✗ flip flops for beach



SOCIAL ETIQUETTE

Basic Etiquette Skills

- ✓ greet others
- ✓ be polite, friendly, helpful
- ✓ good hygiene, especially if you are sick
- ✓ manners (please, thank you, excuse me)
- ✓ table manners
- ✓ admit & correct mistakes
- ✓ active listener
- ✓ be aware of your body language
- ✗ gossip
- ✗ curse/swear
- ✗ interrupt others
- ✗ have phone out when talking to others

MANNERS & SOCIAL SKILLS

In the Workplace

- ✓ be on time
- ✓ give notice when you need to be out
- ✓ on time for meetings
- ✓ keep a clean work area
- ✓ good communication skills
- ✗ come to work with a fever or sick
- ✗ wear ear buds/headphones
- ✗ violate rules



GLOW & GROW!

hygiene/grooming

Glow:

Grow:

dress

Glow:

Grow:

etiquette

Glow:

Grow:

POSITIVE ATTITUDE



in a good mood and excited to be doing something,
focus on the good and look for solutions to challenges



Makes others want to be around you and you get more done in less time!
Employers like that it encourages others to be positive and improves the quality of work!

I have a positive attitude when I ...



encourage
others



greet others
with a smile



compliment
others



work well with
and help others

They key to success in the workplace!

TEAMWORK

We do not have to like the people we work with,
BUT we do have to get along and work on the same team!

I can be a team player by ...



being
trustworthy



solving problems
together



communicating
clearly



react appropriately
to thoughts/actions
of others



ADAPTABILITY & FLEXIBILITY

It is important to accept and deal with change in your personal life AND your future workplace. It empowers you to react positively to changes!

Some ways I can be adaptable and flexible ...



schedule changes



changes in your routine



being assigned to a new team or group



complete extra tasks if someone is out



learning a new computer program



help a friend or teammate if asked

Be willing to change when there is a need! **EMPOWER**

PROBLEM SOLVING

- identify the problem
- consider solutions
- what can you do to prevent the problem in the future
- ask for help if needed

One problem area I plan to improve on:

(ex - encouraging others, accept changes more positively, being late for school, remembering chores)

Handwriting practice area with four horizontal lines.



Positive Work Habits



- good attendance



- be on time *(punctual)*



- be dependable



- accept feedback, including criticism



- stay organized *(use tools/supports)*



- keep a tidy workspace



- be as independent as possible *(use tools for success)*



- make good decisions
(remember to think about all options and consequences)



Benefits



- get more work done



- better quality of work



- feel good about your job



- good teamwork



- less stress



- employer will want you to stay



- may lead to a raise or promotion

dream



Positive or Negative Work Habits?



Positive **Negative** *(circle answer)*



arriving on time for your shift



saying that you will complete a task before leaving and you do not



complaining to a co-worker about someone else



listening to feedback about your work and using it to improve



Why do you think it is important to display positive work habits?

Preparing for an Interview



plan your outfit



list strengths/experience that make you a good fit



practice questions with family, friends, teachers



good hygiene



arrive early



relax, take a deep breath, smile

Professional Handshake



- face the person you are greeting



- reach out and shake hands, with your right hand
- firm, but NOT tight

Introducing Yourself



- greet the person you are meeting with a smile and good posture

- introduce yourself with a professional handshake



- after they introduce themselves, reply "nice to meet you"
- answer any questions they may ask

BODY LANGUAGE

Do

Don't

(circle answer)



greet others with a firm handshake



slouch in your seat



look at your phone



sit up straight, feet on the floor



keep eye contact
(if you are comfortable)



cross your arms



“pop” your knuckles



twirl hair, pick at nails, have gum, etc



nod when someone is speaking
(remember active listening!)