

Pathway to Dreams:

Dream Journey

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

Adapted Curriculum Student Book

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 that will help me become a successful employee ...



independent
with a routine



speaking



helping others



being a leader



listening



teamwork



creativity



etiquette



organizing

Others _____



CHALLENGES (needs)

Things I need help with ...



large crowds



math



writing



loud sounds



walking



reading



stressful
situations



completing
tasks



communicating

Others _____

What I need to be successful ...

CONDITIONS FOR SUCCESS

Accommodations will help me become a successful employee ...

To be successful at work, I may need to

Circle *YOUR* conditions for success:

Avoid
certain things...



a lot of reading



a lot of writing



large crowds



stressful
situations



loud
sounds



a lot of math

Have
access to...



calculator



computer program
that reads words
for you



accessible
workplace



speech-to-text
device



support
person

Do
these things...



watch others
model tasks



use visual
task analysis



eat at
specific times



frequent
breaks



work flexible
hours

My other conditions for success...

AVOID

HAVE

DO

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 math



stay clean



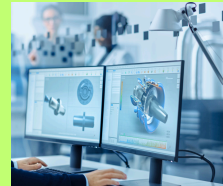
clothes may get dirty



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!



CAREER INTEREST INVENTORY

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



Dream
Big



MY PREFERRED CAREER AREAS



Career Area 1

Related Jobs of Interest



Career Area 2

Related Jobs of Interest



Career Area 3




Related Jobs of Interest

→ believe →



READY, SET, LET'S GO!

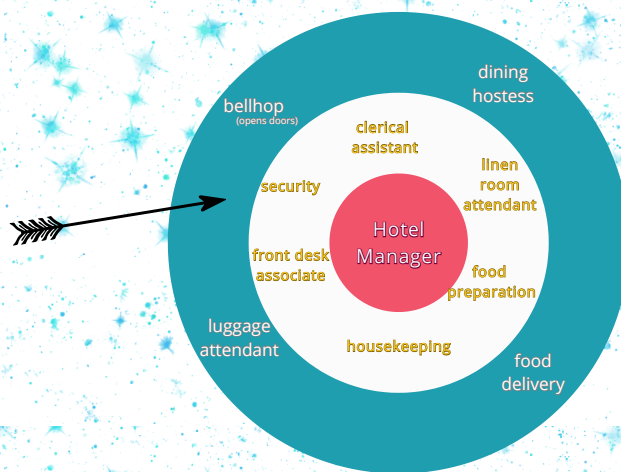
**TO FIND MY *dream* JOB,
I NEED TO CONSIDER ...**

- 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 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:

--

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:**

Lined area for writing responses to 'How I advocate for myself:'

**If I need help,
I can ask:**

Lined area for writing responses to 'If I need help, I can ask:'

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!

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



Skills I plan to improve:

SHINING INSIDE & OUT

Hygiene

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

keeping your body clean to stay healthy

Grooming

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

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
- ✓ 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
- ✗ swear
- ✗ interrupt others
- ✗ have phone out when talking to others

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 headphones
- ✗ violate rules

Glow & Grow!

hygiene/grooming

Grow:

Glow:

dress

Grow:

Glow:

etiquette

Grow:

Glow:


POSITIVE ATTITUDE



when you are in a good mood and are excited to be doing something

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!

Ways I can improve my attitude:






 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!

What makes me a team player:


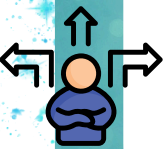
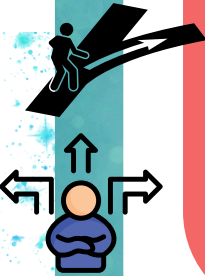




ADAPTABILITY & FLEXIBILITY

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!

I can improve the way I respond to a change of plans by:





Four horizontal lines for writing.

★ 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 “everyday” problem I can solve now:
(ex - being late for school or remembering chores)



Four horizontal lines for writing.

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!)

GOOD 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?
