
Lights, camera, work!

Edward Esbeck & Judy Warth

Goals for today

- Think of things you like to do
- Be able to say 1-2 things you are good at
- Look at jobs that sound cool and you might be good at
- Think about who can help you
- Make a plan!



WHAT MAKES
YOU SMILE?



HELLO

My name is

My name is

and I like

”

1. What you do like to do home?



Read books



Listen to music



Draw / Paint



Cook / Bake



Spend time with my pet



Watch movies



2. Where do you like to go and what kind of things do you like to do?

Parks



Walk, relax, enjoy nature

Library



Read, study, learn

Coffee Shop



Drink coffee, chat, read

Mall / Stores



Shop, look around

Gym



Exercise, stay healthy

3. When you do that thing, you like to...



Go in the morning



On weekends or free time



Alone time to relax



With friends or family



Feel happy and calm



4. How do you get to places and the transportation you use?

Walk



Bus



Car



Bike



Rideshare (Uber / Lyft)



5. Who can help you get around?

What is your dream job?



Jobs and Occupations



What do you think?

- Love it 

- Like it 

- Not for me 

WORKING WITH ANIMALS





HELPING PEOPLE



COOKING FOOD



WORKING IN AN OFFICE

WORKING
OUTSIDE



A woman with dark hair tied back, wearing a red short-sleeved shirt and a yellow apron, is smiling and placing a blue box onto a shelf in a grocery store. The shelves are filled with various food products, including boxes of cereal and snacks. The background shows more aisles of the store.

STOCKING SHELVES

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MAKING ART



TALKING TO CUSTOMERS





WORKING ON
CARS



WORKING WITH CHILDREN



WORKING WITH YOUR HANDS



WORKING IN A FACTORY

**JOBS ARE
EASIER TO
ENJOY WHEN
THEY MATCH
OUR INTERESTS**



What Do I Want to Do?

Name: _____

Date: _____

SOME JOB TYPES THAT INTEREST ME: circle *at least 4*, and then rank them # 1-4.



Retail/Fashion #__



Semi-Truck Driver #__



Grocery #__



Chef/Restaurant #__



Manufacturing/Factory #__



Healthcare #__



Welding #__



Cosmetology #__



Office Admin/Secretary #__



Landscape #__



Teacher #__



Artist/Creative Field (design) #__

Pick someone in
the room

- Introduce yourself
- Tell them something you are good at
- Have them tell you something they are good at
- Tell each other something you like about the other person



Characteristics of Work to Increase My Success

Name:

Date:

Step 1- Circle the preferred item of each pair

Step 2- Place a + by the 8 characteristics most important to you.

Step 3- Now, narrow to the 4 most preferred characteristics in the * column.



Quiet Workplace



Loud Workplace

+top 8 *



Standing/moving around



Sitting down

+top 8 *



Work Alone



With a Group

+top 8 *



Physical Work



Thinking Work

+top 8 *



Part-time Work



Full-time Work

+top 8 *



Weekdays Only



Weekends TOO!

+top 8 *

What strengths or skills should someone have to do well with this job?

WORKING WITH ANIMALS



HELPING PEOPLE





COOKING FOOD



WORKING IN AN OFFICE



WORKING
OUTSIDE

STOCKING SHELVES



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Credit: Jacobs Stock Photography
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MAKING ART



TALKING TO CUSTOMERS





WORKING ON
CARS

WORKING WITH CHILDREN





WORKING WITH YOUR HANDS



WORKING IN A FACTORY

A woman with curly hair and glasses is shown in a thinking pose, with her hand near her chin. Above her are several lightbulbs, one of which is glowing. The background is a solid green color.

WHAT AM I GOOD AT?

DIFFERENT JOBS REQUIRE DIFFERENT
STRENGTHS

Know what your
strengths are!



My Next Step Action Plan

- A job I might like:
- Why?
- My next step