# Finding the Right Job

To succeed on a job, it's important not to just take a job because you can earn money doing it. It's important to find a job that is a good <u>match</u> for you, and that you like what you do!

A job that is a good match is one where you are:

- Doing things you like to do
- Doing things that you are good at
- Working in places you are comfortable
- Working with people you like
- Working the number of hours your want to
- Working the time of day you want to
- Working the days of the week you want to
- Earning enough money

Before you start looking for a job, it's a good idea to think about these things. While you may want to think about them by yourself, it also may be a good idea to talk to other people who know you to get their ideas. These could include:

- > friends
- > parents
- > brothers and sisters
- > grandparents
- > other relatives
- > teachers
- > neighbors
- > people you've worked with
- > counselors

## **Some Questions To Help You**

Here are some questions to think about, in deciding what kind of job would be good for you.

### At Home:

- What do you do when you are home?
  Do you help out or do chores at home?
  What chores do you like doing?
- What chores do you not like doing?
- What do you like to do for fun at home?

#### At School:

- What classes do you or did you like in school?
- What classes do you or did you not like in school?
- What activities and clubs do you or did you participate in at school?
- What school activities did you like?
- What school activities did you not like?
- What did you like about school?
- What did you not like about school?

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### At Work:

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- Where have you worked?
- What jobs have you liked?
- What jobs have you not liked?
- What were the things about the job(s) that you liked?
- What were the things about the job(s) that you didn't like??

#### Leisure:

- What do you like to do for fun?
- Are there sports or other recreational activities you enjoy?
- Do you have any hobbies?
- What do you like to do with your friends?
- Do you like to do things by yourself or with other people?

# If you got a job, what would be okay and not okay?

	Okay	Not Okay
Working indoors		
Working outdoors (including bad weather)		
Doing physical labor		
Lifting things		
Doing clerical work (like filing & copy work)		
Doing cleaning		
Organizing and sorting things		
Working with food		
Working on a computer		
Having to read things		
Having to write things		
Having to do math		
Doing the same thing all day		
Doing lots of different things during the day		
Working in an office		
Working in a factory		
Working in a store		
Working in a warehouse		
Working in a small building		
Working in a big building		
Working by yourself		
Working with a few people		
Working with lots of people		
Working in a place that is noisy		
Working in a place that is quiet		
Having to talk to people		

<sup>&</sup>quot;Finding The Right Job". Training Associate - Institute for Community Inclusion/UMass Boston <a href="https://www.communityinclusion.org">www.communityinclusion.org</a>

	Okay	Not Okay			
Having to be quiet all day					
Having a supervisor nearby most of the time					
Not having a supervisor nearby					
Helping customers					
Dressing up for work					
Wearing a uniform					
Dressing how ever you want					
Moving and walking around					
Sitting all day					
Standing all day					
Getting dirty at work					
Having to stay clean at work					
Working with people your own age					
Working mainly with people older than you					
Working mainly with people younger than you					
Working around children					
Starting work in the morning					
Starting work in the afternoon					
Starting work in the evening					
Working on weekends					
Working on holidays					
How many hours per day would you like to work?  How many days per week would you like to work?					
Now that you've thought about what you like and don't like might like and /or the kind of places you would like to we		of jobs that you			