



Career Awareness and Exploration Online Resources

CATEGORY	RESOURCE	DESCRIPTION	WEBSITE
SELF-AWARENESS / SELF-DETERMINATION / SELF-ADVOCACY	ME! Lessons for Teaching Self-Awareness & Self-Advocacy	The ME! Lessons for Teaching Self-Awareness and Self-Advocacy materials and activities teach students to understand their disability and abilities, rights and responsibilities, and self-advocacy skills.	http://tinyurl.com/z7nawa9
	ChoiceMaker Self-Determination Curriculum & Lesson Packages	The ChoiceMaker Curriculum is designed to teach students the self-determination skills needed to be successful in adult life.	http://tinyurl.com/jktjyh2
	College Career Life Planning for Teacher to Share with Parents	Flyer with great information to engage parents in career awareness	http://tinyurl.com/zalaygy
CURRICULUM RESOURCES AND EMPLOYABILITY	Skills to Pay the Bills: Mastering Soft Skills for Workplace Success	A curriculum developed by ODEP focused on teaching “soft” or workforce readiness skills to youth, including youth with disabilities.	http://tinyurl.com/gu8nfhu

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CURRICULUM RESOURCES AND EMPLOYABILITY	The Educator's Toolkit on Career and Education Planning	This Toolkit provides easy access to classroom activities, lesson plans, and related web-based resources. Each module includes a module description, lesson plans with student handouts, recommended websites for additional information, and a glossary for the unit.	http://tinyurl.com/mknqqg9
	Building the Classroom Connection	Building the Classroom Connection presents strategies for connecting workplace experiences to classroom lessons and activities.	http://tinyurl.com/hppq4cu
	Teaching Networking Skills: Paving a Way to Jobs and Careers	Through this curriculum, students practice and put into use networking skills such as: identifying their own network, approaching others, talking about their skills and interests, learning about what employers look for, exploring careers and job options, and exhibiting good business etiquette.	http://tinyurl.com/jdrklv8
	YouthRules.gov	A quick and easy way to obtain the information you need about youth employment. Know the do's and don'ts for your employment situation. This comprehensive toolkit will provide you information to help you make the most of your work experience	http://tinyurl.com/hpmquro

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CURRICULUM RESOURCES AND EMPLOYABILITY	Career Readiness module from the Nebraska Department of Labor	This course will help students improve basic skills for job readiness.	http://tinyurl.com/hkvzvqs
	High School/High Tech Program Guide: A Comprehensive Transition Program Promoting Careers in Science, Technology, Engineering and Math for Youth with Disabilities	High School/High Tech (HS/HT) is recognized as one of the most successful strategies for assisting youth with disabilities as they transition from high school to post-school activities, including postsecondary education and employment. These activities, services and supports are divided into five categories: 1) school-based preparatory experiences; 2) career preparation and work-based learning experiences; 3) youth development and leadership; 4) connecting activities; and 5) family involvement and supports.	http://tinyurl.com/jjb9nga
	SAFETY	This guide gives you the facts you need to stay safe and healthy at work.	http://tinyurl.com/hpmquro
JOB SHADOWS	How-To Guide for Job Shadows	This How-to Guide for Job Shadows is a step-by-step guide to developing job shadows for individuals and groups of students that interest and benefit students, workplace partners and teachers.	http://tinyurl.com/jfye3pu

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<p style="text-align: center;">MENTORING</p>	<p>PAVING THE WAY TO WORK: A Guide to Career-Focused Mentoring for Youth with Disabilities</p>	<p>This guide is intended to serve as a primary resource for individuals designing mentoring programs for youth, including youth with disabilities, in the transition phase to adulthood.</p>	<p>http://tinyurl.com/jg6ntgu</p>
	<p>National Mentoring Resource Center</p>	<p>The National Mentoring Resource Center provides a collection of mentoring handbooks, curricula, manuals, and other resources that practitioners can use to implement and further develop program practices.</p>	<p>http://tinyurl.com/glwlyxg</p>
	<p>E-Connect Curricula</p>	<p>The E-Connect curricula are lesson plans written for teachers to guide the email communications between mentors and mentees participating in the e-mentoring program.</p>	<p>http://tinyurl.com/jfueh93</p>
	<p>Ready to Achieve Mentoring Program (RAMP)</p>	<p>RAMPTM is based on a variety of foundational materials developed by the Institute for Educational Leadership, Center for Workforce Development's two national technical assistance centers: National Collaborative on Workforce and Disability for Youth and National Consortium on Leadership and Disability for Youth</p>	<p>http://tinyurl.com/ze6w6kb</p>

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WORKPLACE TOURS	How-To Guide for Workplace Tours	This How-to Guide for Workplace Tours is a step-by-step guide to developing workplace tours for groups of students that interest and benefit students, workplace partners and teachers.	http://tinyurl.com/z4lulhs
CAREER EXPLORATION AND RESEARCH	O*NET Online	O*NET OnLine is a web-based application that provides user-friendly access to occupational information contained in the O*NET database.	http://tinyurl.com/lqkxb77
	Jobs Made Real	The website features thousands of videos of people doing their jobs and provides statistical data on job forecast and career information. The website is educational in nature, while also engaging with elements of entertainment to engage teenagers.	http://tinyurl.com/gvf9t9u
	Path2Career Videos	Explore various careers and see the workplace.	http://tinyurl.com/jdgbezg
	CAREERwise Education: Career Exploration Tool	Explore careers and see the skills required for each career	http://tinyurl.com/jlou85x

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CAREER EXPLORATION AND RESEARCH	Next Vista for Learning	A large collection of careers videos to help middle and high school students better understand and connect to their future possibilities.	http://tinyurl.com/244kpwd
	Gigniks	A comprehensive online resource where students can explore their options, discover their passion, and find out what it takes to get there.	http://tinyurl.com/jaqauf
	KnowItAll.org	Find out about a variety of “hot” career choices from people who know them best! Includes videos of jobs and workplaces arranged by career cluster.	http://tinyurl.com/za2btg
	Career Heroes: Teacher’s Guide	A teacher’s guide filled with Career Activities that help students explore various careers.	http://tinyurl.com/j2krynf
	mySkills myFuture	Explore all kinds of careers, match skills to careers, view job openings for those careers, where to train for them and where you may go for an apprenticeship.	http://tinyurl.com/glxw2t7
INFORMATIONAL INTERVIEWS	Skype In The Classroom	Virtual exchange with a partner / informational Interviews	http://tinyurl.com/hef5s7l

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PARENTS AND CAREER EXPLORATION	College Career Life Planning for Teacher to Share with Parents	Flyers with great information for parents on career exploration	http://tinyurl.com/zalaygv
ASSESSMENTS AND SKILLS MATCHING	College Foundation of North Carolina's Career Assessments	You can learn about yourself in many different ways. Explore how who you are matches with careers by using one or all of the career assessments listed.	http://tinyurl.com/nceymxs
	O*NET Interest Profiler	The O*NET Interest Profiler can help you find out what your interests are and how they relate to the world of work. You can find out what you like to do.	http://tinyurl.com/7x45pbm
	What to Pack: Getting Prepared for your Career Journey	This guide helps middle school students explore their own interests and aptitudes, and see how they relate to different career fields. Budgeting exercises show them how far their money will go in the real world.	http://tinyurl.com/znf8jss
	Paws in Jobland	Animated career awareness and exploration activities for young students or students that prefer animated activities (including yes or no quizzes to determine career interests, exploration of the jobs you are matched with, exploration of careers in alphabetical order and fun multiple choice quizzes about various careers)	http://tinyurl.com/jr45t4j