

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 match 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?

At Work:

If you've had jobs or work experience (paid or unpaid):

- 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		
Having to be quiet all day		
Having a supervisor nearby most of the time		
Not having a supervisor nearby		
Helping customers		

	Okay	Not Okay
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, make a list of jobs that you might like and /or the kind of places you would like to work .

The Next Step:

You've got a list of possible jobs and places you may want to work. Before you make any final decisions about the type of job you want, go out and talk to people who work in the jobs and places you are interested in. Ask your family, friends, teachers and counselors for help in coming up with names and places to contact.

When you visit places that you think you might want to work at, talk to the supervisors and workers. Find out what the jobs are like and what kind of skills and training you need. Walk around the place and watch what people are doing. Find out what's good and not good about working there. Decide if it's a place you would be happy working, and what types of jobs would be a good match for you. If you really like it, then find out how to get a job in that place or in that type of business.