**Finding the Right Job**

You shouldn’t take a job just because you can earn money doing it. To succeed at work, you’ll need to find a job that’s a good **match** for you. That means you’re good at it, you feel comfortable working there, and you like what you’re doing!

You know you’ve found a good job match if you are:

• Doing things you like to do

• Doing things you’re good at

• Working somewhere you feel comfortable

• Working with people you like

• Working the number of hours you want to

• Working the times of day you want to

• Working the days of the week you want to

• Earning enough money

Before you start looking for a job, think about these things. It’s also a good idea to talk to other people who know you. They can share their ideas about what might be good places for you to work.

You can talk to:

> friends

> parents

> brothers and sisters

> grandparents

> other relatives

> teachers

> neighbors

> people you've worked with

> counselors

**Some Questions to Help You Find a Good Job Match**

**At Home:**

• What do you do when you’re at home?

• How do you help out at home? For example, what chores do you do?

• 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?

**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?

• What sports or other fun activities do you enjoy?

• What are your 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 (even in bad weather) |  |  |
| Doing physical labor (like working on a farm) |  |  |
| Lifting things (like loading boxes on a truck) |  |  |
| Doing clerical work (like filing & making photocopies) |  |  |
| 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 |  |  |

|  |  |  |
| --- | --- | --- |
|  | **Okay** | **Not Okay** |
| Never having a supervisor nearby |  |  |
| Helping customers |  |  |
| Dressing up for work |  |  |
| Wearing a uniform |  |  |
| Dressing however 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 you might enjoy, and the kind of places you’d like to work.