Charting the Life Course Scenario Guide-Integrated Star

**Personal Strengths and Assets for Reaching Career Goals**

**NOW** Question Prompts:

What have coworkers or supervisors appreciated about you? What about friends and family members?

What soft skills are you good at (on time, following instructions, friendly, creative thinking, leadership, problem solving, empathy, flexibility, organized, etc.)?

What people skills? Technical skills? Work related skills?

**FUTURE** Question Prompts:

What skills have coworkers or supervisors or others asked you to work on?

What soft/technical/work related skills are needed to succeed at the career goals?

**Relationships for Reaching Career Goals (for Networking)**

**NOW** Question Prompts:

Who is in your family circle? Friend circle? Community connections (store clerk, library, hobbies, sports, program attending/attended in past)? Current job? Past Jobs?

 **FUTURE** Question Prompts:

What connections do I need to develop to learn more about my career goals? Who is in my current circle of life activities that I can specifically reach out to about my career goals?

**Eligibility Supports for Reaching Career Goals**

**NOW** Question Prompts:

Do I have or am I eligible for state employment supports (DDS, MRC, DMH, other)? CBDS or other support services?

**FUTURE** Question Prompts:

What connections do I need to develop to learn more about my career goals? Who is in my current circle of life activities that I can specifically reach out to about my career goals?

**Community Supports for Reaching Career Goals**

**NOW** Question Prompts:

Where do I spend time in the community? Shopping? Banking/financial? Hobbies? Medical? Social? Fun? Exercise? Music?

**FUTURE** Question Prompts:

What opportunities and places in the community can help me to build my professional skills/network?

**Technology for Reaching Career Goals**

**NOW** Question Prompts:

What tools, technology, supports do I use in my life right now that help me to work/participate in activities more independently?

What do I use to organize my time (wake up, reminders of appointments and meetings?

What do I use to organize my tasks?

What tools do I use to communicate with others-in person or virtually?

**FUTURE** Question Prompts: Are there things at work or getting ready for work that are particularly difficult for me to complete on my own?