

DOR Student Services Options*

DR 205A (Rev. 09/18)

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Form Purpose

DOR Student Services help students prepare for workplace success by exploring options, getting ready to work, and creating careers.

This document explains the purpose of each of the five types of DOR Student Services, and also lists examples of the types of things you can do, learn, and explore in each category. You and your DOR staff member may use these examples to identify which activities in your local area match your interests and needs.**

Keep in mind that each of these activities may be offered in one or more of the following ways: in a classroom, in a group setting in the community, one-on-one, or on an individualized basis.

Job Exploration Counseling

Job exploration counseling offers ways to learn about the different kinds of jobs and which ones are best for your strengths and interests.

Explore Career Options

- Learn about the jobs and job families in the labor market
- Understand what jobs and industries are popular right now (i.e., “in-demand”)
- Find out what jobs pay good wages
- Learn what jobs lead to better jobs
- Learn about career pathways in your local area

Find the Jobs that Fit You Best

- Explore career interests through interest inventories, conversations, and labor market research
- Discuss different kinds of work, including self-employment, supported employment, and nontraditional employment
- Understand what you need to do to get the career you want

Work-Based Learning Experiences

Work-based learning experiences offer a variety of ways to connect with local professionals and get real-world work experience.

Real-World Work Experiences

- Work experiences
- Internships (paid or unpaid)
- Apprenticeships (informal)
- Volunteer opportunities
- Job Shadowing

Research & Connections

- Informational interviews to research employers and different kinds of jobs
- Work site tours to learn about industries, companies, and job skills
- Mentoring opportunities

*The Student Services Options are intended for potentially eligible students, who are defined as students with disabilities, ages 16 through 21, who have not yet applied or been found eligible for the vocational rehabilitation program.

**This form is intended to be used in conjunction with the DR 205 DOR Student Services Agreement* form.

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Postsecondary Counseling

Postsecondary counseling helps you learn about different educational programs available and resources to support your educational success.

Postsecondary Education Options

- Learn about different kinds of academic and occupational training
- Explore career options available with different programs
- Discover what programs are connected to career pathways
- Find out what classes or credentials you need for the career you want
- Learn which schools offer the programs and supports you want

Resources to Support Your Success

- Get advice on educational programs and course offerings
- Learn about the admissions process at college, technical, and trade schools
- Discover resources and disability support services to help you succeed in school
- Identify options to pay for school
- Get support in completing the financial aid application (FAFSA)

Workplace Readiness Training

Workplace readiness training helps you prepare for employment by learning good work habits and interpersonal skills, and developing independent living skills.

Good Work Habits & People Skills

- Practice interviewing
- Understand employer expectations
- Strengthen communication and other soft skills needed for work
- Develop social skills for work

Financial & Independent Living Skills

- Learn to search and apply for jobs
- Learn ways to get to work
- Develop money management skills
- Learn what happens to SSI/SSDI benefits when you go to work
- Find out how to live independently

Self-Advocacy Training

Self-advocacy training helps you build leadership skills, gain confidence in professional environments, and understand what you need to succeed in the workplace.

Build Knowledge & Confidence

- Understand your rights at work
- Learn your responsibilities at work
- Learn about accommodations and supports and how to request them
- Practice communicating thoughts, needs, and concerns

Build Connections & Leadership Skills

- Participate in mentoring opportunities with educational staff or employees of businesses, boards, associations, or organizations
- Participate in leadership activities
- Conduct informational interview