



## Self-Advocacy and Peer Monitoring

Learn about and gain skills to advocate for yourself and request accommodations that you need to be successful.

### Examples:

- Peer Mentoring Program
- Peer Guidance
- Developing Self-Advocacy Skills
- Self-Advocacy or Self-determination Workshop
- When/how to Disclose Disability
- How to Request Accommodations
- Decision Making
- Goal Setting
- Knowing Rights and Responsibilities
- Leadership Skills

## Workplace Readiness

Learn about and gain skills to be ready for employment.

### Examples:

- Communication Skills
- Job Seeking Skills
- Job Readiness Programs
- Financial Education, including Benefits Planning
- Information on How Work Impacts Social Security Benefits
- Employment Friendly Social Media Practices
- Technology Skills for the Workplace
- Soft Skills Development:
  - Positive Attitude
  - Teamwork
  - Problem Solving
  - Talking/Writing
  - Cooperation
  - Active Listening
  - Decision Making
  - Conflict Resolution
  - Body Language
  - Professionalism
  - Work Manners
  - Supporting Others
  - Taking Initiative
  - Showing Respect



MRS is funded 78.7% with USDOE-RSA Title I federal funds, and 21.3% with state and local funds.

The Michigan Department of Labor and Economic Opportunity (LEO) does not discriminate against any individual or group because of race, religion, age, national origin, color, height, weight, marital status, genetic information, sex, sexual orientation, gender identity or expression, political beliefs or disability.

MRS-Pub-351 (REV 10-2023)

# Pre-Employment Transition Services

Michigan Rehabilitation Services can help you prepare for future employment goals



## Job Exploration

Learn about different jobs, consider which jobs interest you and what skills you need to gain to be successful.

### Examples:

- Career Awareness
- Career Workshops
- Career Student Organizations
- Job Interest Inventory
- Labor Market Information
- Vocational Counseling
- In-demand Occupation Information
- Start Career Portfolio



## Work-Based Learning Experiences

Participate in activities to learn about the workplace.

### Examples:

- Worksite Tours
- Volunteer Work
- Job Shadowing
- Job Try-out
- Exploring Apprenticeships
- Career Mentorship
- Fellowship
- Informational Interviews
- Internships (paid or nonpaid)
- Trial Work Experiences
- Student-led Enterprises
- Simulated Workplace Experience
- Short-Term Employment
- Work Experience (paid or nonpaid)



## Counseling on Postsecondary Education Programs

Learn about options for continued education and training after high school.

### Examples:

- Identifying Interests and Abilities
- Investigating, Exploring and Comparing Postsecondary Institutions
- Promoting Participation in Postsecondary Education Preparation Classes, ect.
- Identifying Financial Aid Options
- Postsecondary Institution Visits/tours
- Information on Academic Curricula Necessary to Earn Specific Degrees
- Assisting with Information Regarding College Application, Admissions Processes, and Free Application for Federal Student Aid
- Accessing Disability Offices, Resources and Websites
- College Success Workshop
- How to Advocate for Needed Accommodations and Services in Postsecondary Setting
- Identify Learning Style Preferences and Goals
- College Essay Writing Workshop

