“CREATING YOUR DREAM”
A GUIDE TO PLANNING YOUR FUTURE

WHAT KIND OF JOB WILL YOU HAVE?
WHERE WILL YOU LIVE?
WHAT WILL YOU DO IN YOUR LEISURE TIME?
Once Upon a time, there was a Dream . . . . .

This booklet is a tool to help you build the dream you have for your future. It will help you recognize your special talents and skills. These special talents and skills combined with your interests will be the basic building blocks for your dream plan.

To make your dream a reality, you will have some work to do. At the end of each activity you will write an action plan. The action plan is a series of detailed steps that you need to take to make progress toward your dream.

A successful future depends upon you have a dream, feeling good about yourself, having positive relationships with others, and developing a support system of friends, family and others who can help you take the necessary steps toward your goals.
How Do I Get Involved in My Community?

Becoming active in your community is part of being a responsible adult. When people help others, they feel good about themselves. Volunteering in your community can help you to develop your interests, and learn some new skills.

From the following Community Services list, select 2 or 3 you would like to try:

- Work as a volunteer in a hospital delivering magazines, or working in the gift shop
- Work at the local community center preparing meals for people in need
- Collect clothing, shoes and other items for the local Goodwill store
- Contribute to the local food drive, by collecting canned goods and boxed food items
- Volunteer your time at the local pet shelter
- Read books to children at a local day care center, or help them make arts & crafts projects
- Participate in Habitat for Humanity by helping to build a house, or prepare & serve food for the work crews
- Help clean up the environment by working with a local environmental group on a project
- Other ideas you may have __________________________________________
  __________________________________________
  __________________________________________
Postschool Outcome Statement

You have named a few community services in which you would like to participate. Now you can write your Postschool community involvement statement.

How will I get involved in my community?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Action Plan for Community Participation

What can I do to make this dream happen?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

What changes do I have to make in order for this dream to happen?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

Who can support me as I take these steps?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________

How will these changes affect my life?

________________________________________________________________________

________________________________________________________________________

________________________________________________________________________
Social Activities

People choose to be social during their leisure time. Socializing with others is an important part of becoming an adult. Adults interact with many other people in different areas of their lives.

You already interact with your friends, classmates, and teammates. As you become an adult, you will develop social relationships with people you work with or do business with. Building social relationships with others is a part of your transition to adult life.

In the following area write the names of people with whom you associate. Next to their names write the social activities you do together. These people can be friends, classmates, co-workers, or teammates.
Desired Postschool Outcome Statement

What will I do in my leisure time?

________________________________________________________

________________________________________________________

________________________________________________________

Action Plan for meeting my leisure and social needs:
In order to meet your leisure time and social needs, you will need to know what to do to make your dreams happen. Fill out the following questions:

What can I do to make this dream happen?
________________________________________________________
________________________________________________________
________________________________________________________

What changes do I have to make to make my dream happen?
________________________________________________________
________________________________________________________
________________________________________________________

Who can support me as I take these steps?
________________________________________________________
________________________________________________________
________________________________________________________

How will these changes affect my life?
________________________________________________________
________________________________________________________
________________________________________________________
Leisure Activities

School Activities:
List some leisure activities you participate in at school (sports, clubs, projects) and also some things you would like to try:

Things I do:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Things I would like to do:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Hobbies:
List the kinds of things you like to do outside of school (e-mail friends, play computer games, swim, sing, play sports.) List also hobbies you’d like to try:

Things I do:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Things I would like to try:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
Social Activities:
List the kinds of things you like to do with friends and family (go out on dates, study together, go to movies, dance, go to church, participate in Scouting, go camping, volunteer) Also list social activities you would like to try:

Things I do:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Things I would like to try:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Alone Activities:
List some activities you like to do by yourself (read, draw, fish, play solitaire, play video or computer games). List also the things you would like to try.

Things I do:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________

Things I would like to try:
__________________________________________________________________________________
__________________________________________________________________________________
__________________________________________________________________________________
Education & Training Needed for Your Dream Job

Check the following if it is needed for your dream job:

- Standard High School Diploma
- Special Diploma required
- Work experience
- On-the-job-training
- Vocational Training
- License or certification
- Two-year associate degree from a community college
- Four-year college diploma

Your Desired Postschool Outcome Statement:
My Dream Job Is . . . .
What do I want to do with my leisure time?

Everyone makes decisions about how they spend their free time. Some people enjoy being alone, some like being with just a few friends; others want to be around a lot of people. People enjoy spending their leisure time in a variety of different social activities. Below are a few examples:

- Drawing, painting, writing
- Helping a friend or family member with something
- Participating in a sport, football, baseball, swimming
- Going to the movies
- Listening to music or playing a musical instrument
- Reading a book
- Riding a bike
- Developing a hobby
Reviewing Your Options

You have looked at your interests, skills & aptitudes, and the local job market. Keeping all of these things in mind, list three jobs you might like to do. Next to each job, list the skills necessary for it.

Three jobs I might like to do:

1. **Job:**
   **Skills:**
   ____________________________
   ____________________________
   ____________________________

2. **Job:**
   **Skills:**
   ____________________________
   ____________________________
   ____________________________

3. **Job:**
   **Skills:**
   ____________________________
   ____________________________
   ____________________________

Of these three jobs, select one that you would consider your dream job. Write down your dream job and list as many reasons for your liking this job as you can in the space provided.

**DREAM JOB:**

**Reasons for liking it:**

_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
_________________________________________________________________
Other Jobs Like My Dream Job

1. Look at your dream job and put a check mark by the three most important reasons you chose this job.
2. Write the three reasons below.
3. Ask your parents or teacher to help you list other jobs that would share these same reasons.
4. Write the names of these jobs in the area below each reason.

<table>
<thead>
<tr>
<th>Reason #1</th>
<th>Reason #2</th>
<th>Reason #3</th>
</tr>
</thead>
</table>

Under each reason, list other jobs you might like for the same reasons
Survey of Interests, Aptitudes, and Skills

*Your personal preferences can help you make the right career decisions. Things that you enjoy doing are called interests. An interest survey can help you identify some of your personal preferences.*

*Star your favorites in the following list of activities (\*):*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes</th>
<th>No</th>
<th>Sometimes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Work well in groups or teams</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work out problems and puzzles</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work with tools</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Take things apart &amp; put together</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Build things, following diagrams</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lead group</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Write letters</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sell things</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teach others how to do things</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Help others solve problems</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meet new people</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Make list, organize things</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Budget money</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Making music</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Making art</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work out doors</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Work indoors</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

There are many jobs you may choose to do. Some jobs you would be naturally good at with training. You are naturally good in these areas because you have skills and aptitudes that match these job requirements. Interests indicate what you might like to do; skills and aptitudes are abilities and strengths you have and will use in a job.

In the next survey you will look at the aptitudes you’ve demonstrated in school.
Survey of Aptitudes and Strengths
Seventh Grade to Present

In the following survey mark the box that indicates your grade average in each of the listed subject areas.

<table>
<thead>
<tr>
<th>Subject</th>
<th>A-B</th>
<th>B-C</th>
<th>C-D</th>
<th>D-F</th>
</tr>
</thead>
<tbody>
<tr>
<td>English/Language Arts</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Arithmetic/Mathematics</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sciences</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Social Studies/History</td>
<td></td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>Foreign Language</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Career Exploration/Job Prep</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Physical Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Technology Education</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Speech/Drama</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Music</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Art</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Other:</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Survey Your Options

Use the following ideas to explore job options in your community:

- See your Transition Coordinator, Teacher, Career Specialist, Vocational Evaluator or Guidance Counselor and ask to see the Enhanced Guide for Occupational Exploration. Make a list of the job possibilities in the areas that match your aptitudes and interests. Include the skills necessary for each of these selected areas.
- Look through the Help Wanted ads in your local newspaper or the school job board to find out what jobs are available. Select a few jobs of interest, call and ask these employers what skills are necessary for each position.
- Look through the Yellow Pages or the business listing from your local Chamber of Commerce to see what types of businesses are located in your community. Select three businesses to contact and find out about some of the types of jobs in each. List the skills, education & special training required for each.
Action Plan for Getting Around My Community

How do you make your dreams for getting around the community a reality?

How do I make this dream happen?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

What changes do I have to make in order for this dream to happen?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

Who can support me as I take these steps?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________

How will these changes affect my life?

__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
What Job Do I Want To Have?

There are many jobs to explore. How do you find out which one is best for you?

What you can do:
- Talk to a career guidance counselor
- Take an interest or aptitude test
- Think about work or activities you have liked
- Volunteer at places of interest to you in your community
- Talk to someone in the career that interests you
- Get work experience in a job related to your interests
- Contact your local community job center
- Contact school work coordinators, vocational education office
- Contact community agencies who provide employment services
- Participate in job shadowing opportunities
- Visit area career fairs

What can I do now to plan for my future career?
- Develop good work habits now: be on time for classes, take pride in your work; give your school work higher priority than your social life
- Develop a good work history now: remember that every job you have is a possible future reference to other employment opportunities; do your best work in every situation
- Focus your school program toward your career goal: take classes that build your skills in the career areas of your choice
- Explore! Ask Questions! The more you know, the more control you have in managing your future
- Create a Career Passport: containing your school and work history as well as samples of your best work
- Resume Development: contains a summary of your work experiences
- Develop a list of references: these are business and professional contacts that will give you a positive letter of reference endorsing your positive worker traits
Action Plan for Future Living Arrangements

How do you make your dreams for future living arrangements a reality?

What can I do to make this dream happen?

?  

What changes do I have to make in order for this dream to happen?

Who can support me as I take these steps?

How will these changes affect my life?
How Will I Get Around My Community?

When you think about participating in your community, you must also consider how you will travel in it. Which ways are best for you?

How will you travel from one place to another in your community?

- [ ] Walk
- [ ] Bicycle
- [ ] Take taxi
- [ ] Ride with friend or relative
- [ ] Take bus
- [ ] Drive a car
- [ ] Ride moped
- [ ] _______________

What do you need to know before you ride the bus?

- [ ] Bus routes
- [ ] Cost
- [ ] bus schedules
- [ ] bus stop locations
- [ ] ability to read maps
- [ ] __________

What do you need to know before getting your driver's license?

- [ ] Get information from Driver’s License Bureau: Booklet explaining driving rules and signs
- [ ] Study the driving rules
- [ ] Get learner’s permit
- [ ] Obtain insurance coverage for yourself as driver
- [ ] Get help to practice driving: parent, class
- [ ] Take driving test
A postschool outcome statement should include statements about the following areas concerning what you would like to be doing three to five years after graduation from high school:

- Where do you want to live
- What kind of job you would like to have
- Which positive activities you will do in your leisure time
- How you will be part of your community
- Who will be your friend
Where do I Want to Live?

One of the first steps you can take toward independence is thinking about where you will live after you complete high school. Take some time to think about these things:

- How will you get to work or school?
- How will you do your shopping?
- Is your housing convenient to your family and friends?
- Is your housing close to your favorite kinds of activities?
- What kinds of expenses are involved?

A Survey of Housing and Living Arrangements

Check (/) all that apply to your dream of where you will live.

<table>
<thead>
<tr>
<th>Location</th>
<th>Type of Home</th>
<th>Living Arrangements</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the country</td>
<td>mobile home</td>
<td>group home</td>
</tr>
<tr>
<td>In mountains</td>
<td>military barracks</td>
<td>parents</td>
</tr>
<tr>
<td>At the beach</td>
<td>townhouse</td>
<td>friend</td>
</tr>
<tr>
<td>Big city</td>
<td>group home</td>
<td>spouse</td>
</tr>
<tr>
<td>Small town</td>
<td>condominium</td>
<td>alone</td>
</tr>
<tr>
<td>Warm climate</td>
<td>dormitory</td>
<td>relative</td>
</tr>
<tr>
<td>Cold climate</td>
<td>apartment</td>
<td>foster family</td>
</tr>
<tr>
<td>In the U.S.</td>
<td>house</td>
<td></td>
</tr>
<tr>
<td>overseas</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>