


Research & Personal Development



How to describe life experiences in a resume and learn about available jobs.

Conversation Starters

 **LISTEN** “When have you advocated for yourself or others?”

 **LISTEN** Reflecting on what the youth shared, together, identify some of the following components from their experience.

- Understanding the issue or concern.
- Considering the pros and cons of solution(s).
- Finding the main points to support the potentially best solution(s).
- Identifying who is in the best position to help with these issues.
- Thinking about who you are talking to and describing the issues in ways that they can relate to.
- Being open to new ideas and solution(s) from others.

 **LISTEN** “Do you have a current concern that could benefit from self-advocacy?”

 **SHARE** A time you advocated for yourself or someone else at school, work or in the community and how you navigated that process.

Check In & Ask The Youth

Personalized Learning Plan (PLP)

- What goals are you setting for the year?
- What do you do to remain on target with your goals?
- What groups or activities match your interests?
- What activities have you added to your PLP?
- How does your PLP motivate you?
- How does your PLP help you think or plan for your future?



Dual Enrollment

- What do you know about dual enrollment?
- What are the advantages and potential challenges of participating in dual enrollment?
- Does dual enrollment fit your PLP?

Suggested Activities

(Click on the activities below to view)

 **COMPLETE** **Resume:** Learn what a resume is and how to create or update a resume.

 **COMPLETE** **Cover Letter & Checklist:** Review sample cover letters and learn about the elements that make a strong cover letter.

 **EXPLORE** **Research & Personal Development:** Attend an in-person or virtual career-focused event or visit a career center to learn about local jobs & careers.

Visit our Future Exploration Resources Page for additional materials!