

# How to Prepare for: WORK

As a high school student, you may have the freedom to try out different jobs and volunteer positions in your community. These experiences are important because you can learn more about the kinds of work you might like to do as an adult.



## VOLUNTEER

Identify causes that are important to you and find volunteer opportunities. Volunteering can help you learn new skills that can help you prepare for paid work, college, and adult life.



## JOB SHADOWING

If you are not sure what type of career you want in the future, job shadowing may be a great activity! Job shadows can be done in person or virtually. During a job shadow, you watch someone in a career of interest and learn about the skills you will need.



## INFORMATIONAL INTERVIEWS

Informational interviews may also be a great way to learn more about a specific job, career, or industry. An informational interview is an informal conversation with someone who has a job or career in an industry of interest. During an informational interview, you can ask questions to understand a job's requirements, get career advice, or see if an industry fits your interests.



## SUMMER INTERNSHIPS

Many employers offer paid- and non-paid summer internships to high school and college students. During a summer internship, you can gain on-the-job experience and learn more about a career of interest.



## WORK

Apply for a part-time job. Working while in high school can help you learn skills and build connections with people in your community. You can also earn money to help save for college. Before applying to a job, it may be helpful to learn about work and explore different career options.



## START YOUR OWN BUSINESS

Nationwide, thousands of teens operate their own businesses. They often learn how to create and run their business through school or community entrepreneurship programs.



## CONNECT WITH VOCATIONAL REHABILITATION

Vocational rehabilitation (VR) services are a great resource that can help you find and keep a job. They can also help you advance in your career, so it is important that you connect with your local VR office.

