

Discover Your Interest



Try-out different jobs through volunteer work

VOLUNTEER to help in your neighborhood and be responsible for completing the job. Bring in the neighbor mail, bring in the neighbor recycle bin, bring in the neighbor packages and or grocer items, and many more possibilities...

PARTICIPATE in the Disability Mentoring Day (DMD) activities during the annual Disability Employment Awareness Month (DEAM) schedule in October of each year.

This is an **OPPORTUNITY** to get first hand mentoring and inside scoop on job roles and work tasks responsibilities in a career field of your preference. For more information about DEAM in your community visit AbleTrust.



VOLUNTEER to help at your school and be responsible for completing the job in the classroom, in the student services office, in the school main office and reception area, in the health clinic, in the counseling center, in the cafeteria, on the playground, in the gym, in the music room, in the media center, in receiving, in the mail room, in the copy center, in the teacher planning area, and many more possibilities.



VOLUNTEER in a work place similar to what you may have an interest in. Try it out for a limited time...be careful not to provide free work, remember this is an opportunity to gather information about possibilities to help you learn about choices and make informed decisions. *Note: It is okay to volunteer in volunteer positions for an extended period through volunteer programs as a way of giving back to others.*

