



UNIVERSITY OF
TORONTO
SCARBOROUGH

**Academic Advising
& Career Centre**

AccessAbility Services

Managing Your Career:

Strategies for Graduates with *DisAbilities*

Module 1: Career Planning and Exploration

Video 2: Research and Exploration

1. Career Planning

2. Understanding Employment Equity
3. Addressing Employment Barriers
4. Self-Advocacy and Disclosure
5. Workplace Accommodations

Researching

- Helps you become more informed
- Assess how well an occupation aligns with your values and goals

Asking Questions:

Interests in people, tasks and places

A photograph of a person's lower legs and feet, wearing dark trousers and brown leather shoes, standing on a light-colored sidewalk. The image is overlaid with a semi-transparent blue filter. The text "Module 1:" is in white, and the rest of the title is in yellow.

Module 1:

**Career Planning
Research and
Exploration**

Consider: Geographic Location

- **Example: Many pharmaceutical companies in the Greater Toronto Area are in the west end of the city**

Consider: Transportation

- **Commuting Time & Availability**
- **Average Commute in the GTA is longest in Canada at 40-45 minutes**

Career Planning Process



Consider Your Interests

Population

- Children
- Youth
- Women
- Older Adults
- LGBTQ
- Ethnic minority groups
- Mental health patients



Work Environments

- Schools
- Hospitals
- Courtrooms/ Prisons
- Laboratories
- Universities/ colleges
- Community Centres
- Corporate offices



Industry Sectors

- Government
- Education
- Health/ Rehabilitation
- Business/ Professional services like consulting, advertising, marketing
- Community services



Research the World of Work



Career Cruising

CLNx.utoronto.ca >
Resources



**Government
of Canada**

**National Occupational
Classification**

[http://noc.esdc.gc.ca/English/NOC/Welcome.aspx?
ver=16](http://noc.esdc.gc.ca/English/NOC/Welcome.aspx?ver=16)



O*Net

www.onetonline.org

Explore the World of Work

Work and observe workplaces

- Classes with experiential learning built in
- In the Field tours and Job Shadowing (CLNx.utoronto.ca)
- Part-time and summer jobs, internships, volunteering (CLNx.utoronto.ca)

Talk with professionals

- Networking events and information sessions (CLNx)
- Information Interviews



U OF T'S HUB ON TEN THOUSAND
COFFEES



Review the News

You can also learn a lot about trends in the labour market and industry sectors of interest to you by paying attention to your local and national news.

- See our Review the News activity for a guide!
- Worksheets: uoft.me/careeranddisability

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If you would like to provide feedback on these videos or if you have questions or concerns, please contact:

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