PLAN YOUR CAREER, ENVISION YOUR LIFE

Person Centered Planning Concepts with Individual Students or Groups
The Most Important Things in My Life Are....

1.

2.

3.
# Things I Can Do

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<thead>
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<th>Things I can do by myself</th>
<th>Things I need help to complete</th>
<th>Things I would like to learn to do</th>
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## Strengths of Mine

<table>
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<tr>
<th>General Good Things About Me</th>
<th>Good Work Skills I Have</th>
<th>Strengths I could share at an Interview</th>
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## Things I Like and Enjoy

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<th>Places</th>
<th>People</th>
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<tr>
<td>Things or items</td>
<td>Things to do or activities</td>
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What Helps Me Do My Best?
What resources do I need? How do I learn best? What helps me do well at work?
The 4 Most Important Things About a Place to **Work** Are:

*please list your most important point first*

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<td>3.</td>
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<td>4.</td>
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</table>
Career Goals: Jobs I Would be Good at and Enjoy

What Tasks Would I Do There?
1.
2.
3.

What Tasks Would I Do There?
1.
2.
3.

What Tasks Would I Do There?
1.
2.
3.
Connections

People Who Can Help Me Find & Learn a Job

1. 
2. 
3. 

Connections I Have, Employers I Know

1. 
2. 
3. 

Agencies That Can Help Me Find & Learn a Job

1. 
2. 
3.
The 4 Most Important Things About a Place to **Live** Are:

*please list your most important one first*

- A place I would want to live should have ______________________________

- A place I would want to live would be ________________________________

- A place I would want to live might look like ______________________________

- A place I would want to live would be close to ___________________________
Relationships

People Who Are Important in My Life

1.

2.

3.

People I Would Like to Meet

1.

2.

3.

People I Would like to Live With

1.

2.

3.
How Will I Make Plans and Contact Friends?

• Ways I can keep a calendar or make appointments -

• Ways I can contact friends and family -

• Ways I can find fun things to do -

• Ways I can meet new people -

• Ways I can stay in contact with my friends and family -
For My Family or Support System Outside of School: Employment

• Do you have a vision for employment for your son or daughter?  
  [http://www.arcwa.org/what's_next.htm](http://www.arcwa.org/what's_next.htm)

• Do you know the available adult resources to assist in Employment Supports?  

• Do you understand Social Security Benefits for recipients who are working and how to report wages?  

• Do you have a systems at home to support your student to succeed at work?

Washington Initiative for Supported Employment  
[www.gowise.org](http://www.gowise.org)
For My Family or Support System

Outside of School:

Social Connections & Activities

• Does your student have ample opportunity to connect with friends outside of school?
• Does your student have a consistent way to make plans with friends?
• Has your student signed up for activities outside of the school day?
• Does your student use social networking (email, cell phone, facebook) to connect with others?
• Does your student have a calendar or appointment device with regular activities listed?
For My Family or Support System Outside of School: Independent Living

• Do you have ideas for where your student will live in the future?
• Does your son or daughter have friends they would like to live with?
• Do you know other families who are interested in looking for housing options?
• Do you know the adult resources available to assist with housing?
• Do you have a workable plan for housing in the future?
• Have you looked into guardianships, trusts, wills, and Individual Development Accounts?
FOR INFORMATION ON TRAINING OR QUESTIONS REGARDING THESE MATERIALS CONTACT:

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206-343-0881, ext 103