

Describe Yourself!

Think about your interests. What are your interests in these areas?

- ▶ The things you like to do.
- ▶ The environment around you.

You use this information about yourself to help make decisions about your life. To choose a life for yourself you need to know these:

- ▶ Your interests for activities and environments
- ▶ Your skills and abilities
- ▶ Your strengths and weaknesses

When you compare activities with your interests and your skills and abilities, you can begin to make decisions about your life. You can begin to choose a life for yourself!

Part I – Describe Yourself in the Environment

Think about being outside

- | | | |
|---|---------|--------|
| Do you like to be outside? | Yes ___ | No ___ |
| Do you like to be outside when it is hot? | Yes ___ | No ___ |
| Would you like to work outside most of the day? | Yes ___ | No ___ |
| Do you like to be outside when it's cold? | Yes ___ | No ___ |

Think about being around people

- | | | |
|---|---------|--------|
| Do you like to do a job by yourself? | Yes ___ | No ___ |
| Do you like to cooperate with someone to get a job done? | Yes ___ | No ___ |
| Can you work in a crowded place? | Yes ___ | No ___ |
| Is it ok if someone bumps into you by accident? | Yes ___ | No ___ |
| Do you like being in a public place? | Yes ___ | No ___ |
| Are you comfortable being around and talking to people you do not know? | Yes ___ | No ___ |
| Can you be polite if someone is rude to you? | Yes ___ | No ___ |

Think about noise!

- Can you work around noisy equipment for long periods of time? Yes ___ No ___
Do you need a quiet workplace? Yes ___ No ___
Can you alternate between a noisy environment and a quiet environment? Yes ___ No ___
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Think about smell.

- Do most smells bother you? Yes ___ No ___
Can you work around smells for much of the day? Yes ___ No ___
Do chemical smells bother you? Yes ___ No ___
Do animal smells bother you? Yes ___ No ___
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Think about work materials

- Do you like to work with tools? Yes ___ No ___
Can you wear gloves, if needed? Yes ___ No ___
Can you handle cleaning supplies? Yes ___ No ___
Does it bother you if you get dirty? Yes ___ No ___
Does it bother you if you get wet? Yes ___ No ___
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Type of physical activity

- Do you like to work seated for most of the day? Yes ___ No ___
Do you prefer to move around during most of the day or be physically active? Yes ___ No ___
Do you want to alternate between being seated or standing and moving around? Yes ___ No ___
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Variety in what you do

- For something you like, can you do the same thing all day? Yes ___ No ___
Do you like to do different things throughout the day? Yes ___ No ___
Can you switch easily from one thing to another? Yes ___ No ___
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Your work hours

- Do you want to work the same hours everyday? Yes ___ No ___
Do you want to work during the day, from Monday - Friday? Yes ___ No ___
Can you work evenings? Yes ___ No ___
Can you work weekends? Yes ___ No ___
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Helping and taking care of others

- I like to help and take care of people. Yes ___ No ___
I like to work with and help animals. Yes ___ No ___
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Enjoying and taking care of the environment

- I enjoy nature. Yes ___ No ___
I like flowers, trees, and plants. Yes ___ No ___
I like to work with plants. Yes ___ No ___
I like to take care of the environment. Yes ___ No ___
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Building or fixing things

- I like to work with tools and build things. Yes ___ No ___
I like to work with tools and fix things. Yes ___ No ___
I like construction. Yes ___ No ___
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Art activities and expressing yourself

- I like to draw and make things. Yes ___ No ___
I like to express myself through art. Yes ___ No ___
I like to use a camcorder and make videos. Yes ___ No ___
I like music and dance. Yes ___ No ___
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Food service

- I like to work in a kitchen, use kitchen tools, and cook. Yes ___ No ___
I like to clean in the kitchen - and I like to operate a dishwasher. Yes ___ No ___
I like to work in a dining room. Yes ___ No ___
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Cleaning and fixing things

- I like to clean. Yes ___ No ___
I like to take care of a building. Yes ___ No ___
I like to work with equipment. Yes ___ No ___
I like to work with cars. Yes ___ No ___
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Working in a store or warehouse

- I like working in a store that sells something I like. Yes ___ No ___
I like working in a warehouse with supplies and equipment I like. Yes ___ No ___
I like handling and counting money. Yes ___ No ___
I like working with numbers. Yes ___ No ___
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Working in an office.

- I like working in an office. Yes ___ No ___
I like using a computer. Yes ___ No ___
I like working with numbers and words. Yes ___ No ___
I feel comfortable taking telephone messages. Yes ___ No ___
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Problem solving

- I like to figure things out. Yes ___ No ___
I like to make decisions. Yes ___ No ___
Pictures and drawings help me figure things out. Yes ___ No ___
Written directions help me figure things out. Yes ___ No ___
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