



# College to Career Planning Tool\*



The Connect to Work Center  
The Premier Resource Center for Benefits Information

## Freshman Year

Activity/skill	Ck	Fall Semester	Spring Semester	Summer
Be able to identify my disability and its impact in a college setting				
Understand my responsibilities as a student				
Understand my responsibilities to BRS				
Understand my BRS Employment Plan				
Understand Disability Resource Office responsibilities and my responsibilities to Disability Resource Office				
Understand other agency's responsibilities				
Take a variety of classes to explore interests				
Take career interest course, i.e. SCSU CTR 200				
Determine a balanced course load				
Identify several majors I am interested in				
Talk to advisors in several majors				
Identify strengths and weaknesses				
Identify study strategies				
Develop advocacy skills				
Identify organizational tools				
Identify and learn needed assistive technology				
Identify accessibility needs				
Acquiring independent living skills				
Living away from home				
Socializing with friends				
Extracurricular activities				
Personal assistance				
Available transportation/use public transportation				



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Budgeting				
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## Freshman year continued

Activity/skill	Ck	Fall semester	Spring semester	Summer
Make an appointment with Career Services				
Explore career options available to specific majors				
Take an interest survey (if not already part of a class)				
Research and join an on campus club				
Volunteer on campus				
Start résumé and keep a list of activities, etc.				
Schedule joint meeting with BRS counselor & Disability Resource Office				
Update Employment Plan				
Evaluate driving options				
Sign a release between BRS and Disability Resource Office				
Summer plans				
Volunteer for at least one month				
Summer courses				
Summer job for at least one month				
Other need/concerns				
Reapply for financial aid by April				
Meet with Benefit Specialist/Community Work Incentive Coordinator				
Other				



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## Sophomore Year

Activity/skill	Ck	Fall semester	Spring semester	Summer
Zero in on major				
Meet with academic advisor				
Identify course requirements				
Explore technology needs				
Explore internships/observations/fieldwork				
Review information from Career Center and meet with them again for information on changes in major				
Other				
Dress for Success-identify job-related needs				
Identify accessibility needs for major/career				
Continue résumé-keep list of activities, etc.				
Contact BRS counselor				
Update Employment Plan				
Schedule meetings with BRS counselor and include Disability Services Office - Update release				
Continue assessment of job-related skills				
Continue transportation assessment				
Complete 5 informational interviews				
Develop volunteer or summer employment for at least 2 months				
Start list of job-related issues				
Accessible location				
Accessible bathroom				
Travel on the job				
Transportation to and from job				





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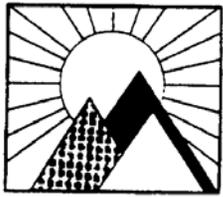


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## Junior Year

Activity/skills	Ck	Fall semester	Spring semester	Summer
Finalize major				
Meet with Career Services Office to review major and related jobs				
Do internship on or off-campus				
Become employed on campus or off-campus				
Attend career workshops/fairs				
Attend mock/real interviews				
Role-play discussing disability related needs on a job				
Set up meetings with BRS and Disability Resource Office				
Update Employment Plan and release				
Set up summer employment				
Determine assistive technology needs				
Finalize transportation needs				
Finalize accommodation needs				
If not already living on campus, finalize arrangements for senior year including accommodations				
Identify outside agencies or services for after graduation				
Health-Insurance				
Personal assistance				
Social Security				
BRS, BESB, DMHAS, etc.				
Budgeting				
Attend a financial literacy training				
Reapply for financial aid				



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Review list of job-related issues and update as necessary				
Review benefits information with Benefit Specialist/CWIC				

## Senior Year

Activity/skill	Ck	Fall semester	Spring semester	Summer
Meet with BRS counselor and Disability Resource Office				
Update Employment Plan and release				
Review list of job-related issues and update as necessary				
Internship/co-op				
Independence and access issues for post graduation				
Accessible housing				
Transportation				
Personal assistance				
Meet with Career Services Office				
Attend career fairs				
Review and update résumé				
Print résumé on good paper/good printer				
Work on cover letter				
Identify references and recommendations				
Send out to résumé				
Practice interviewing				
Set up interviews				
Review benefits information and meet with benefit specialist/CWIC if necessary				
Other				



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