

HENRY'S WORKING MEN AND WOMEN'S GROUP

Week 1: Introductions

- a. Who is Henry? What is BRS?
- b. Rest of group introduce themselves

What is this group all about

- a. Helping you to get a good job after graduation
- b. Learning about the world of work

Do you want to change the name of the group?

- a. Encourage students to take ownership of the group

Why do you want to work after you graduate?

- a. Fun activity to discuss what benefits of working hold

Week 2: Getting to know myself

- a. Utilize one or more of checklist activities from toolbox

My own personal portfolio

My strengths

Week 3: What am I interested in?

- a. Utilize CAPS, COPS, COPES
- b. Or Strong Campbell

How to find out information about jobs

- a. Connecticut pathways
- b. Onet
- c. Occupational outlook Guide

Exercise bring in job you want to find out about

What is important to me?

- a. Values clarification
- b. Group exercise

Week 4: Road trip a visit to New London BRS and CT Works

- a. Meet with Jess and Donna
- b. Meet with Ct Works staff for overview

Week 5: What are some things I have a hard time with?

- a. Introduce concept of disability
- b. Famous people who have had disabilities
- c. Don't let it stop you
- d. What more can I learn in school before I graduate that may help me

Week 6: Learning how to advocate for myself

Week 7: What can I learn before I graduate

Week 8: Caps testing with Susan Viera either at high school or NL BRS

Week 9: Guest Speaker Kate Foley

- a. Importance of first impressions
- b. Proper dress and grooming
- c. What is purpose of resume
- d. Develop sample filled out application

Week 10: Resume writing and interviewing

Week 11: Putting all together

Week 12: Mock Interviewing and Video taping

- a. Student will have actual opportunity to see themselves on tape and get feedback from others
- b.

Week 13: Field Trip Register at CTWorks

- a. Opportunity for student s to register before graduation
- b. Meet with Claire LaCourse re: Benefits

Week 14 Awards and the Future Steps