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Career Advancement

PROGRAM

Set Yourself Up for Success: Part 2: Engaging in Self-Care, Effective Communication and Work-Based Learning Activities

OREGON DEPARTMENT OF Human Services
Vocational Rehabilitation

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Today's Presenters

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Learning Objectives

Participants will:

- take steps toward your future career by understanding your program, building connections, and exploring internships and other real-world experiences; and
- use simple strategies, including technology, to stay on track, including planning ahead, managing deadlines, communicating with instructors, and asking for help early.

Rocking Your Career Pathway

Being Successful in College

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Practice Self-Care Throughout Your Career Pathway Program

Do you know what signs to look for to know if you are beginning to experience burnout in school (emotional, mental, physical, behavioral)?

Do you know who you can turn to for support within the college? Through VR? Elsewhere in the community or within your circle of support?

What wellness services are offered through your college?

What are 3–5 strategies you can use to manage your stress?

Signs of Burnout (1 of 2)

Emotional and Mental Signs

- Constant exhaustion, even after rest
- Feeling overwhelmed, helpless, or “checked out”
- Increased irritability or mood swings
- Loss of motivation or interest in classes/activities you used to care about
- Difficulty concentrating, remembering things, or making decisions

Academic Signs

- Procrastination or avoiding assignments altogether
- Declining grades or missed deadlines
- Skipping classes or disengaging during lectures
- Doing the bare minimum just to get by

Signs of Burnout (2 of 2)

Physical Signs

- Frequent headaches, stomach issues, or getting sick more often
- Changes in sleep (insomnia or sleeping too much)
- Low energy almost every day
- Changes in appetite

Behavioral and Social Signs

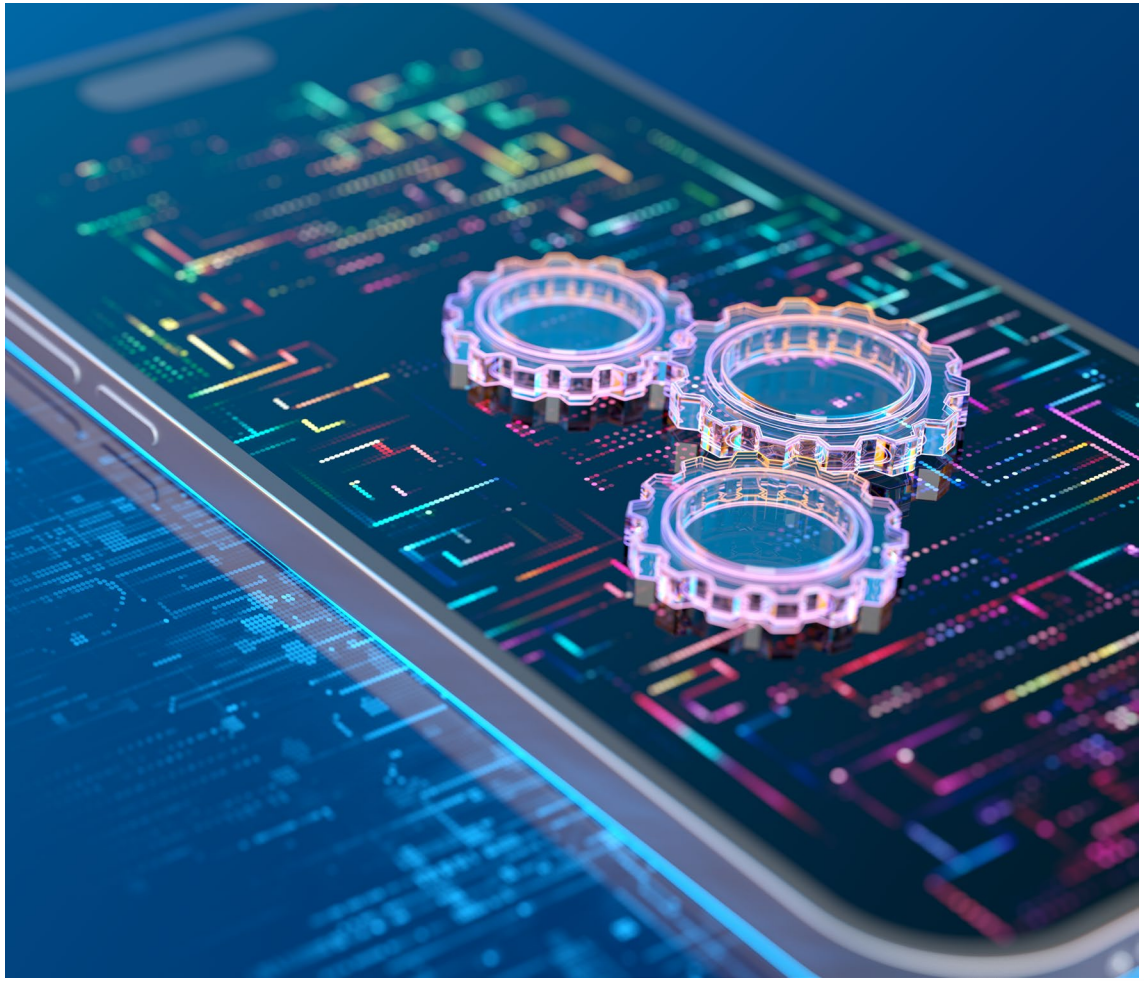
- Withdrawing from friends, clubs, or social activities
- Increased use of caffeine, alcohol, or other substances to cope
- Feeling cynical or negative about school (“What’s the point?”)
- Reduced self-care (eating poorly, not exercising, neglecting hygiene)

You Have Access to Resources!!!



- Advising or Counseling Offices
- Tutoring and Learning Centers
- Disability/Accessibility Offices
- Counseling Services
- Health Clinics
- Wellness Programs
- Student Support Services
- Food Pantries
- Career Services
- Student Clubs and Organizations

Technology Is a Great Tool!



Consider how you can use the following items to help support you in successfully completing your career pathway program.

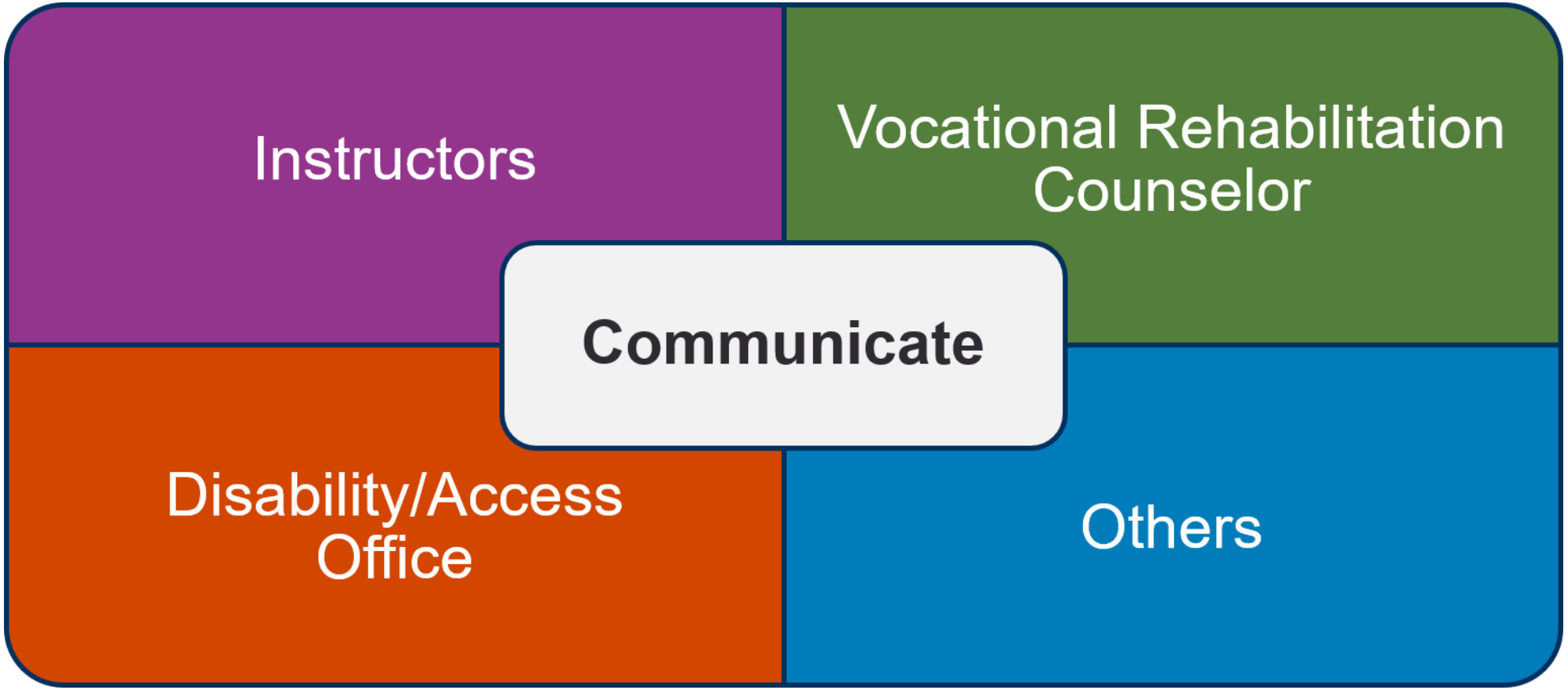
- Your smartphone
- Laptop
- Tablet
- Artificial intelligence
- Assistive technology

Communication and Engagement in Work-Based Learning Activities

Tips to help keep moving forward

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Communication with Others Is Essential



Communication Is Essential

Tips for communicating with your instructor:

- Make an impression at the beginning of your course — introduce yourself.
- Provide details in your communication — be specific about what you are struggling with.
- Prepare in advance of office hours — write down your questions before your meeting.
- Be professional and courteous — prepare your communications with a respectful, positive tone to avoid appearing too casual.

Penn State: Tips for communicating with your instructor

Communicating with Others

VR Counselor:

- Career goals and interests — any changes in direction or feeling uncertain about goals.
- Gaps in support — do you feel like you need other services to be successful.
- Addressing any additional barriers outside the classroom — transportation issues, financial stress, technology issues.

Disability/Access Office:

- Consider what accommodations may be helping or not helping and communicate your needs.
- Do you have any changing limitations or needs that may impact your learning?
- If you have challenges getting accommodations in any class, be sure to talk to the access office.

Advocate for Yourself

Examples of how you might self-advocate:

- Arranging for accommodations and any necessary paperwork
- Articulating your needs in the classroom
- Continually coordinating and communicating with your instructors throughout the semester
- Taking action if your accommodation is not honored
- Ask the disability/access office of any additional services or supports — there may be additional services that are helpful!

Adapted from National Center for Learning Disabilities: Self-Advocacy Education

Increase Opportunities Through Work-Based Learning Activities

Apprenticeships

Structured paid training opportunities where people gain specific skills

Informational interviews

Gain introductory information about an industry by having a short conversation with a professional to learn about their career path

Internships

Helps gain employability skills through a short-term experience, may be paid or unpaid

Job shadowing

Helps build career exposure by shadowing an employee on the job to learn aspects related to the job

Adapted from Work-Based Learning framework

Reminders

- If you are not yet connected to OR VR, use this map of VR office locations to find out more information and an office near you.
- If you are already working with OR VR, remember to connect with your VR Counselor for help with resumes, job search, interview practice, job leads, and more.
- Provide regular updates to your VR Counselor to let them know how you are progressing in your career pathway.
- Worksource Oregon is also available to provide supports, services, job leads, and workshops.

ICAP Contacts

If you have questions or would like additional information, contact:

ICAP direct email: ICAP@odhs.oregon.gov

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