



After School Plan following ABI

"I went to see a careers advisor at my college. I had lots of questions about looking for work and so she asked me some questions to help me think about the sort of things I want to do. I told her all about my part-time job at the animal sanctuary. Ask yourself these questions and see what you can come up with. Do this with a family member, teacher, support worker or friend:

- How does your ABI affect you now?
- What did you like doing at school?
- What did you dislike?
- Are there any jobs connected with those subjects?
- Do you want to try something totally new?
- Do you prefer to be indoors or outdoors?
- Do you like working with people or on your own?
- Would you like to start earning some money or do you want to volunteer?
- Would you like to do unpaid volunteer work for a while to build up your CV?
- Does your family know anyone who might be able to help out? Maybe give you a part-time job?
- Have you had a look in the paper at what sort of jobs are available?
 - Have you contacted Learndirect, The Job Centre or the Citizens Advice Bureau yet? They can help.

