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EXPLORE AND CREATE

Motivation, Strengths, Accessible Post -School Options

FOR WHAT PURPOSE / REASON / SOFT SKILLS

IMAGINATION

DISCOVERY

OPEN MINDED

FLEXIBILITY

It's important to:

- **Have motivation and meaning to an idea**
- **Find your strengths while you explore post-school options.**
- **Get creative and stay open while you explore.**



RESEARCH - WHAT OTHERS FOUND

Integrated Visual Supports in a School-Based Microenterprise for Students With Intellectual Disabilities C. J. Fields. et al., 2018.

The setting is a rural high school-based cafe run by a website to create an initial contact between the Café's customers and the students with intellectual disabilities aged 13-17 year olds and targets employability skills.

The article goes into detail about a school-based microenterprise who developed an online Café through WordPress.org and additional software like photoshop for the look. The website included five easily navigable pages; a Home page, for example, and used email to receive electronic submissions and act as the primary interface by the students to view and receive orders. The goal to build vocational skills for students with ID uses customized functional digital literacy and an integrated visual supports system to increase student autonomy. Therefore, employment-related skills were explored prior to leaving school, and technology was utilised and tested too.



APPY IDEAS



WAYS to practice 'exploring and creating'

- Allow time and space - don't rush
- Using questionnaires to collect information/data
- Trying out concepts/ideas
- Be creative and think 'outside the box'
- Move often: walking can sometimes bring up new ideas/answers to problems



TECHNOLOGY SOLUTIONS

Apps/Software

Explore workplaces virtually

<https://360.skillsroad.com.au/>

MyWay Employability - digital capture of strengths/career focus.

<https://www.mywayemployability.com.au/>

Completing quizzes about occupations

Visit Boom Cards Learning

<https://wow.boomlearning.com/>



REAL LIFE

When you ask someone what they want to be when they grow up - there is no right or wrong. Let people tell you their dream job. Some will go for it and achieve, others may not.

Play and explore by fostering:

- Curiosity
- Flexibility
- Open-Mindedness

And/or try

- Mindfulness
- Yoga/gentle movement
- Brain Gym

Either way, if we are providing employment type of supports then it's important to remember the role of soft skills and that fostering these is equally important for future job success.

