

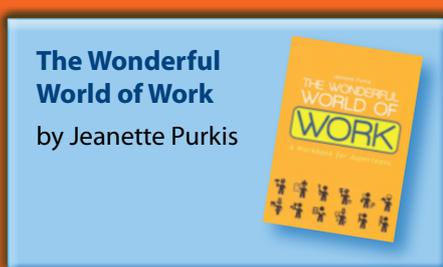
# Success in Employment – Tips for Aspertheens

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**TOP TIPS**



1. Being employed is fantastic! It gives you money and independence. It gives you something constructive to fill your time with, it helps you feel proud of yourself and it gives you a sense of purpose.
2. Ask parents and trusted adults anything you want to know about being at work. If you are worried about something, they might be able to put your mind at rest.
3. Focus on your strengths, not your weaknesses. Think about all those good things which make you who you are and how an employer could benefit from having you in their workplace.
4. Think about some of the things you can do which you might use in a job. Skills like using the internet for research, writing a blog or journal or looking after pets can translate into useful work skills.
5. Take every opportunity you can to gain work skills. This can be through volunteering at a local community group, doing work experience placements through school or doing some work for a relative or family friend who owns a business.
6. Find out what different jobs and industries there are. You can ask parents or trusted adults to tell you about different jobs and you can do some research on the internet. Make a note of any jobs which interest you and if there are any which you have skills or interests in already.
7. Write a resume. This could be tricky at first because you might not have had a job yet. You can use the information and résumé template in *The Wonderful World of Work: A Workbook for Aspertheens* to help you if you like.
8. If you apply for a number of jobs and are unsuccessful, don't worry. Keep trying! You can learn from each interview and each application you write. There will be a job for you.
9. The first job you get might not be one that you enjoy the most. Try to see your career like a journey and each job as a stepping stone along the way. See each job as a way to gain new skills which you can use to apply for jobs you would prefer to do.
10. See your Aspieness as a positive. People with ASD/Asperger's often have some great work skills already. These include things like attention to detail, the ability to focus on a task and honesty and loyalty.
11. Go out there and get that job! You will be amazing.

## RECOMMENDED RESOURCES



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