SPECTRUM SKILLSHARE

Moving Toward Career Success

Proposed Workshop 1

POINTS TO COVER:

- Addressing skills and interests (mentors and mentees should share what they've learned throughout their sessions)
  - Contrasting skills and interests (skills are more marketable than interests, and interests can change over time, whereas skills can be more constant)
- Should be *audience-centric*: ask people what they'd want to hear about the most, and incorporate that into the curriculum. An idea would be to survey people online to hear what *they* want out of such a workshop.
- Creating effective résumés and CVs (depending on career type)
  - Practical Typography's advice on résumés: http://practicaltypography.com/resumes.html
- Assembling references
  - Getting in contact with references from the past
  - Making a list of people you've worked successfully with in the past
    - Reminding them of what you did if needed
  - Testimonials? (more useful for creative professions)
- Working from a paradigm of adaptation, rather than a shame-based model
  - More discreet ways of stimming during an interview
- Networking autistically
  - LinkedIn - how is it helpful?
  - Informational interviews - a useful way for gathering information about potential career paths
- Portfolios — these are essential for creative professionals, and helpful for people in other fields to demonstrate their skills, similar to Ramit Sethi's "briefcase technique"
  - Design samples
  - Photography samples
  - Writing samples (especially more polished, professional ones, e.g. grants, proposals, reports, business letters, published articles, scholarly articles)
  - Curriculum samples (for educators)
  - Other ideas?
- Homework before, during, or after interviews — how to do well at it, how to identify what they're looking for
- Writing skills
  - Having résumés, CVs, and cover letters proofread before showing to employers
  - Understanding that spelling, grammar, and punctuation can be difficult
  - Sympathetic, non-ableist way of helping people polish their professional writing
- Brainstorming

RESOURCES

http://autismnow.org/wp-content/uploads/2013/06/Autistic-View-Of-Employment-Edited.pdf

http://autisticacademic.com/2015/06/16/specialinterestscareer

http://autisticacademic.com/2014/09/01/interview-questions-an-overview/

http://www.apa.org/helpcenter/road-resilience.aspx

askamanager.com