

# Wants and Needs

Consider:	Think About:	Check All That Apply
What do you think is important in a job?	Work environment (inside, outside, in an office, a factory, a school, etc.)	
	How much supervision you want	
	What kind of supervision works best	
	Chances to learn new skills	
	Chances to take on new responsibilities	
	Company culture	
	Location	
	Available transportation	
	Wages and benefits – what and how much?	
	Independence	
	Workplace diversity	
Potential supports – what help will you need to succeed		
What motivates you to work?  Why do you work?	Money	
	The chance to meet new people and make new friends	
	Seeing the results of my work	
	Working for a cause	
	Doing something that is important to me	
	Independence	
	Using my skills and abilities	
What life experiences have you had?  What can you offer an employer?	Traveling and experiencing other cultures	
	Specific training that you've had (on the job training or specific skills training)	
	Experiences living in other places	
	School projects and classes	
	Community activities	
	Volunteer activities	
	Other jobs and work experiences	
	Hobbies	

	Close relationships	
How do you learn best?	In a traditional classroom	
	When someone explains how to do something	
	When instructions are written down	
	Being shown how to do a job	
	Watching someone else do the same job for a day	
	When someone watches over you very closely	
	Working with a mentor	
What kind of support do you need?	Daily check-ins with a supervisor	
	Job coaching [a person is assigned to teach you a job and work with your supervisor]	
	Accommodations [changes to a job or workplace that make it easier for you to succeed]	
	Peer support [co-workers help you]	
	Work site mentor [one person is assigned to help you]	
	Meetings before or after work	
	Help with time management	
	Help setting priorities	
What kind of tasks do you WANT to do in a job?	Are repetitive	
	Are different and give me a lot of variety	
	Let me sit down	
What DON'T you want to do?	Let me stand up	
	Let me move around	
Tasks that:	Let me work alone	
	Let me be part of a team	
	Require physical labor	
	Use a computer	
	Let me do paper work	
	Let me travel	
	Let me interact with my co-workers	
	Let me interact with customers	