

National Center on Deaf-Blindness



Transition Activities

Job Satisfaction and Expansion

Topic:

Job Satisfaction and Expansion will help your son/daughter develop work related skills within the home and the community that will aid in job success as an adult.

Overview:

It's time to check in with your son/daughter to see if they are happy at work, and help him/her determine some "next steps" if dissatisfaction is the answer. Happy employees make better employees!

Outcomes for your child's transition development:

Being satisfied with your job is very important to overall health and happiness.

Activity Directions:

1. Set aside time to "check in" or "touch base" with your son/daughter, to specifically help him/her reflect on the worksite, the work, and the feelings that accompany both. This conversation with your son/daughter is meant to be "real" . . . the way real people talk and share about work. If the conversation is better discussed with a sibling or mentor, encourage it!
 - a. You can be general, "tell me about work"; or you could be specific, "are you happy at work, what do you like about work, is there anything troubling you at work, do you like what you do, do you get bored?"
2. Whether satisfied or dissatisfied, your son/daughter might benefit from some positive paving . . . that is, to think about how it could be better. Thoughts pave the way to intentions and plans.
 - a. If you could change anything at work, what would it be?
 - b. What more could you do at work?
 - c. Is there a different kind of job you would like to try?
3. Share the same kinds of thoughts about your own work.

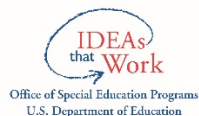
Ways to either Simplify or Increase Complexity:

Ideas for Simplifying Activity

N/A

Ideas for Increasing the Complexity of the Activity

N/A



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