

INTERNSHIP & WORK

Eight recommendations by and for students with support needs



BEFORE APPLYING, THINK ABOUT WHETHER, WHEN AND IN WHAT WAY YOU WANT TO DISCUSS YOUR SUPPORT NEEDS

Seek advice from people you trust, such as a mentor, friends and family, or students in a similar position to you.

HAS YOUR SUPPORT NEED BROUGHT YOU (ALSO) SOMETHING POSITIVE? SHARE THAT DURING A JOB INTERVIEW

For example, the strengths that you have (developed) thanks to your support need or by approaching it as strength. Or, for example, share with which adjustments your support needs can be met so that this does not have to form an obstacle.



INDICATE SPECIFICALLY WHAT YOU NEED AND HOW YOUR (FUTURE) EMPLOYER CAN HELP YOU WITH YOUR SUPPORT NEEDS

For example, the number of hours per week that is feasible for you, or your needs in terms of accessibility.



MAKE USE OF ORGANIZATIONS THAT FACILITATE AND SUPPORT FINDING AN INTERNSHIP AND WORK

For example SWOM, CNV Jongeren, Ctalents, Emma@Work.



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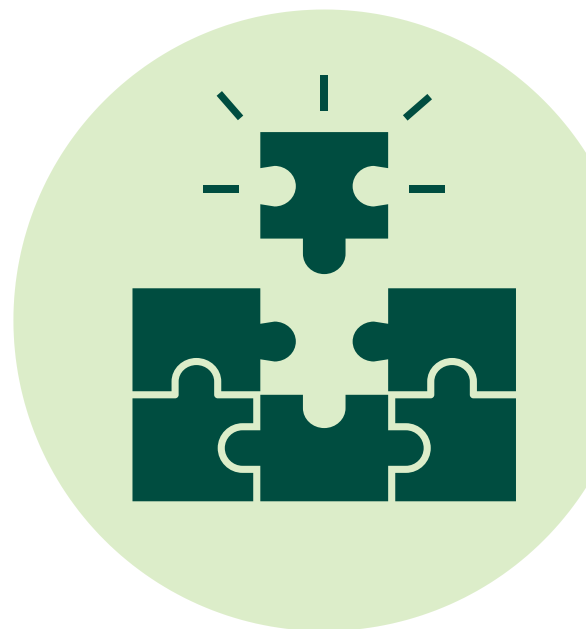


LEVERAGE PLATFORMS AND ORGANIZATIONS THAT BRING TOGETHER STUDENTS AND YOUNG PROFESSIONALS WITH SUPPORT NEEDS

For example, ECIO has an online community where like-minded people can exchange their tips and experiences. This community is called 'experiential experts studying with a disability or support question' and can be reached via LinkedIn. JongPIT also has an online community on Facebook called 'JongPIT community'.

FIND OUT AND USE WHAT MAKES YOU ENTHUSIASTIC AND WHERE YOUR TALENT LIES

It is important that your employer sees your qualities. In order to show off your qualities, it may be necessary for your employer to show flexibility.



IT IS IMPORTANT THAT YOU HAVE A GOOD FEELING WITH YOUR EMPLOYER

Trust your feeling and impression of the organization and colleagues. It can also help to review the goals and mission of the organization.



MAKE USE OF CAREER COUNSELING SERVICES, STUDY ADVISORS AND STUDENT COUNSELORS AT YOUR EDUCATIONAL INSTITUTION

Based on their specialist knowledge and experience, they can think along about your specific situation.



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