

# Free Online Resources for Job Seekers

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## **Career One Stop**

This site is open to anyone interested in finding a job, and contains resources about salary and benefits, education, looking for a job, resume-writing, and more.

LINK: <http://www.careeronestop.org/>

## **Zarrow Center for Learning Enrichment**

The Zarrow Center helps students with disabilities so they can do well in high school, college, jobs, and adult life.

LINK: <http://www.ou.edu/content/education/centers-and-partnerships/zarrow.html>

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## *Additional Training Materials:*

- These are best in a group with help from a job coach or teacher

## **Soft Skills to Pay the Bills**

Skills to Pay the Bills is a group of activities so you can learn how to get and keep a job. These games are best for a group of people, but could be done alone.

LINK: <http://www.dol.gov/odep/topics/youth/softskills>

## **The 411 on Disability Disclosure**

These worksheets will help you learn how to talk about your disability in interviews, at work, and with friends. You will learn why it is important to know how to talk about your disability and how it will affect your life.

LINK: [http://www.ncwd-youth.info/sites/default/files/411\\_Disability\\_Disclosure\\_complete.pdf](http://www.ncwd-youth.info/sites/default/files/411_Disability_Disclosure_complete.pdf)

## **The Speak Up Guide**

This guide will teach you how to be a leader and speak up for yourself and others.

LINK: <http://www.self-advocate.org/library/pdfs/manual.pdf>