

FORM - U

Population: Youth and Individuals with Disabilities

MCS

MY CAREER STORY UNIVERSAL

*An Autobiographical
Workbook for
Life-Career Success*

MY CAREER STORY - UNIVERSAL

FOR YOUTH AND INDIVIDUALS WITH DISABILITIES

An Autobiographical Workbook
for Life-Career Success



Suzanne Savickas

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Back Story

What was your first dream job when you were little?

What was your favorite toy when you were little?

Tell me about the toy?

What did you like about the toy?

Did you play with the toy by yourself, with your brother/sister(s), or with your parents?

Have you ever volunteered (work without pay)? Please circle YES or NO.

YES

NO

If so, what volunteer (work without pay) job(s) did you have?

What tasks/duties did you do?

What do you do for fun?

Do your parents work / have a job? Please circle YES or NO.

YES

NO

Where do your parents work?

What do your parents do for work?

Does the job they do interest you? Please circle YES or NO.

YES

NO

Building Blocks of My Career



Building Block One

When you were 3-7 years old, who did you look up to / who was your hero (could be a real person or a character from a movie, book, cartoon, but please do not pick your parents)?



Please draw a picture of who you look up to/your hero.

Who are two other people you looked up to/ heroes from when you were 3-7 years old?
(Please do not use your parents).

Who I Looked Up to/Hero #2:

Who I Looked Up to/Hero #3:

Please draw a picture of Who you looked up to/Hero #2

Please draw a picture of who you looked up to/hero #3

If you were to tell me about who you looked up to/your 3 heroes, how would you talk about what he/she is like in 3 words?

Hero #1:

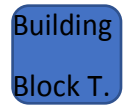
3 words

Hero #2:

3 words

Hero #3:

3 words



Building Block Two

What is your favorite tv show?

Which other 2 tv shows do you like?

What do you like about these tv shows?



Building Block Three

At this time, what is your favorite book, movie, song, or videogame?

Please draw a picture that makes you think about this book, movie, song, or videogame?



Building Block Four:

What is your favorite quote or saying (that you have heard or made up)?

What were you doing in this memory?

Where were you in this memory?

If you were to give this memory a title (like a story or movie title), what would you title this (including an action word that shows movement in the title)?

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Emotions List Form U

***Please Circle the Emotions Felt/Experienced from Memory #1**

<i>Happy</i>	<i>Sad</i>	<i>Scared</i>	<i>Angry</i>
Caring	Big	Afraid	Angry (Anger)
Comfortable	Bored	Conflicted	Annoyed
Comforted	Challenged	Fearful	Guilty
Curious	Confused	Frightened	Mad
Determined	Confronted	Lost	Powerless
Excited	Depressed	Loud	Shame
Free	Disappointed	Shocked	Stressed
Glad	Stupid	Shy	
Happy	Dumb	Surprised	
Interested	Embarrassed	Jealous	
Joyful	Empty	Strange	
Liked	Frustrated	Suspicious	
Loved	Hurt	Unsafe	
Lucky	Misunderstood		
Old	Sad		
Peaceful	Small		
Powerful	Tired		
Proud	Unsure		
Relaxed			
Responsible			
Safe			
Silly			
Smart			
Strong			
Supported			
Thankful			
Understood			
Wonderful			

What are two more memories you have from when you were 3-7 years old?

Memory #2

Who was with you?

If you were to give this memory a title (like a story or movie title), what would you title this (including an action word that shows movement in the title)?

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Emotions List Form U

***Please Circle the Emotions Felt/Experienced from Memory #1**

<i>Happy</i>	<i>Sad</i>	<i>Scared</i>	<i>Angry</i>
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Understood			
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If you were to give this memory a title (like a story or movie title), what would you title this (including an action word that shows movement in the title)?

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***Please Circle the Emotions Felt/Experienced from Memory #1**

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Strong			
Supported			
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Wonderful			

Please draw a picture of each of your 3 earliest memories from ages 3-7.

Picture#1

Early Memory #2
Picture #2

Early Memory
Picture #3



Putting these Blocks Together:

I am or becoming

(Write in words you used to tell about the person you looked up to/hero from Block one)

I like

(Write in words to tell about your favorite tv show from Block Two)

Therefore, I

(Write in words you used to tell about your favorite book, movie, song, or videogame in one sentence from Block Three)

To do this, my advice to myself (suggestion to myself) is

(Write in words from your favorite saying from Block Four)

My work right now is like

(Write in the title of your first memory)

