



steps

TRAINING AND EMPLOYMENT PROGRAM FOR STUDENTS

If you are between the **ages 16-21** and attending high school or college and also **have an intellectual, physical, developmental, and/or mental health disability** you can Receive 40 hours of training to prepare you for a paid internship.

Gain valuable work experience!



WORKPLACE SKILLS

Gain a variety of skills to help succeed in a paid internship



40 HOURS OF TRAINING

Attend 40 hours of work readiness and workplace skills training



PAID WORK EXPERIENCE

Work up to 167 hours

TRAINING OPPORTUNITIES

Workplace Skills

- Adaptability
- Resilience
- Critical Thinking
- Collaboration
- Empathy
- Communication
- Digital Fluency
- Entrepreneurial Mindset
- Financial Literacy
- Self Awareness
- Social Diversity
- Time Management
- Budgeting

Work Readiness

- Resume & Application Process
- Interview Dress and Work Appearance
- Interview Basics
- 21st Century Job Search Skills
- Disability Disclosure

PROGRAM REQUIREMENTS

- Must have an IEP or 504 Plan
- Must be attending school
- Attend mandatory (unpaid) work readiness workshop
- Must be able to work part-time/full-time during summer
- Must be able to work independently



APPLY ONLINE AT

sacramentoworks.org/youth/steps



Sacramento
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Training
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