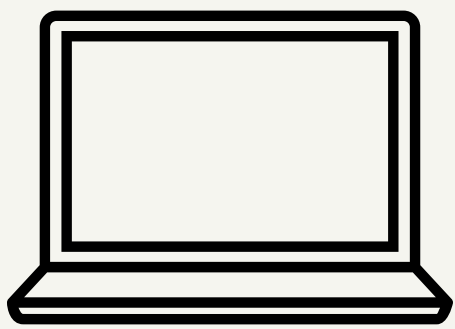


# TIPS FOR SEEKING JOBS AS AN AUTISTIC INDIVIDUAL

## KNOW YOURSELF



Take some time to get to know yourself. What do you like? What are your interests? How can those be applied to a career? What are your hopes? What are your limitations and how should those be considered?



## JOIN THE SEARCH

Search for jobs related to your interests

Job search resources for autistic individuals :

- [TheSpectrumCareers](#) 
- [Job accommodation network](#) 

## NETWORK

Many people get jobs through connections with people they know- this is called networking. Your network includes friends, family, professors, and other people you know

Make a list of contacts who can help you with opportunities or be references for your job application



# PRACTICE INTERVIEWING SKILLS

1. Prepare answers to [common interview questions](#)
2. Create a list of your skills
3. Be mindful of your appearance
4. Keep in mind body language and tone



## WRITE A COVER LETTER AND RESUME

Cover letter:

introduce yourself, explain why you'd like this job and why you are a good fit

Resume:

include hard and soft skills as well as relevant prior experiences. Check out these [resume templates](#)



## FILL OUT APPLICATIONS

Search for applications on sites like: [indeed](#), [ZipRecruiter](#), or through the company you are interested in applying to

## Decide whether to disclose

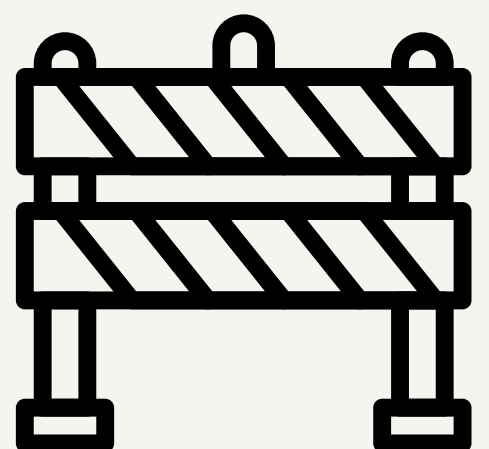
Disclosing your diagnosis can be a difficult decision with benefits or possible drawbacks. Think about what you would like to do before attending your interview

## Consider your obstacles

Consider your personal obstacles and how they might effect your job performance

do you struggle with:

- social anxiety
- sensory challenges
- inflexibility



Make a plan for how to work through your obstacles or ask for accommodations

# Resources

Employment Resources for people on the autism spectrum. DOL Blog. (n.d.).  
<https://blog.dol.gov/2020/04/22/employment-resources-for-people-on-the-autism-spectrum>

Rudy, L. J. (2023, May 3). 10 facts you need to know about autism and employment. Verywell Health.  
<https://www.verywellhealth.com/things-you-need-to-know-about-autism-and-employment-4159850>

Tips for autistic job seekers to find the right job. Autism Speaks. (n.d.).  
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