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.
Discuss your personal obstacles and how they may affect 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.

**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 affect 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


Tips for autistic job seekers to find the right job. Autism Speaks. (n.d.). https://www.autismspeaks.org/blog/tips-autistic-job-seekers-find-right-job#:~:text=More%20than%20half%20of%20all%20of%20them%20of%20your%20job%20goals.