Jump Start into the work world
For ages 14 to 21

Results

- Training by experienced professionals on how to get and then keep a job
- Insight into career paths where you will be successful
- Hands on experience through volunteer and internship experiences
- Improve your resume and increase your chances for future employment
- Earn references to use in the future
- Learn self-advocacy skills
- Experience local post-secondary opportunities for training and education

Referrals and Fees: Referrals are accepted in the order in which they are received. Active participation is required. Services are fee-based and participant families should check with their funding agency to ensure they are covered. Private pay for services is available. Please request a program handbook for additional information.
Jump Start: Pre-Employment and Transition Services

Minute Man Arc’s Jump Start Program benefits high school and post-secondary students ages 14 to 21 who do not necessarily need to apply for vocational rehabilitation services but could benefit from exposure to employment and career development supports.

Goals

Jump Start focuses on activities that provide awareness, exploration, and preparation for entering the workforce. Students choose one or more pre-employment transition components. The goal is to provide students with the skills needed to be successful with employment or further education after high school in their chosen field.

How to begin

Jump Start services can be initiated by families, students, schools or counselors at the MA Rehabilitation Commission. Contact Minute Man Arc to request an initial meeting.

Schedule

Classes take place at the Reuben Hoar Library in Littleton or at Minute Man Arc in Concord. Weeknights, afternoons, and Saturday classes are available to fit most schedules.

Service Components

Students and their team members will select one or more service components from the menu below based on need and interest:

**Jump Start Junior for ages 14-17**

**Job Exploration**: Group Job Tours, Interest Inventories, Career Planning

**Work Place Readiness**: Safety Skills, Communication, Getting Along with Others, Basic Work Skills, Time Management, Problem Solving

**Work Place Learning Experience**: Job Trials, Situational Assessments, Group Volunteering

**Post-Secondary Education and Vocational Counseling**: Career Path Research

**Self-Advocacy**: How to be a good Self-Advocate, What are My Rights

**Jump Start Senior for ages 17-21**

**Job Exploration**: Job Tours, Interest Inventories, Career Planning Job Exploration, Situational Assessments

**Work Place Readiness**: Dress to Impress, How to Fill Out Applications, Interview Preparation, How to be a Good Employee (honesty, flexibility, performance skills, self-confidence and receiving supervision)

**Work Place Learning Experience**: Job Trials, Situational Assessments, Group and Individual Volunteering, Paid Internships

**Post-Secondary Education and Vocational Counseling**: Finding the Right School, Admission Requirements, Applications, College and Tech

**Self-Advocacy**: How to be a good Self-Advocate, What are My Rights, Disability Disclosure, Self-Determination, Leadership Roles, Mentoring, Finding Self-Advocacy groups