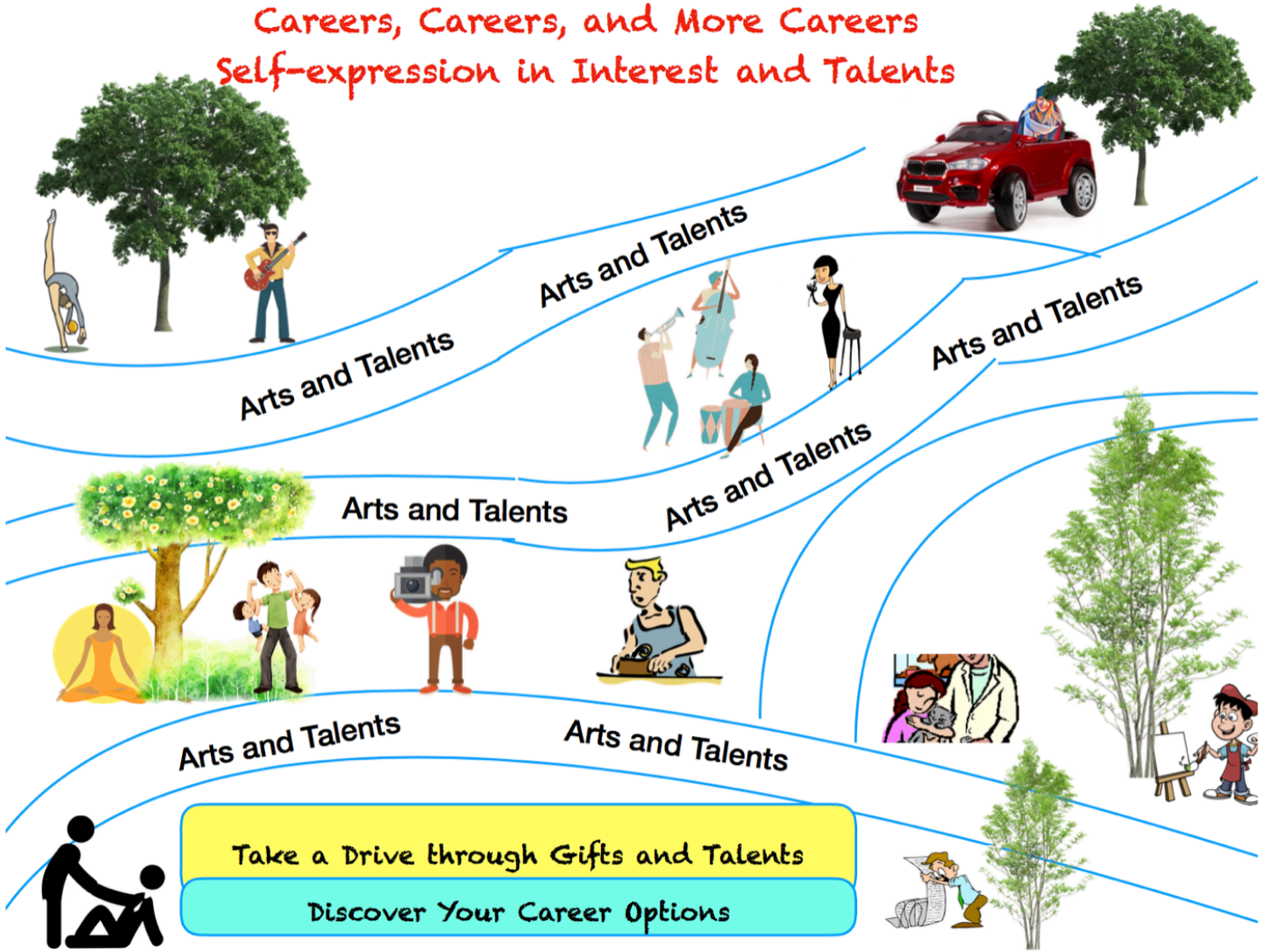


# SELF Expression

## Careers, Careers, and More Careers Self-expression in Interests and Talents

### Careers, Careers, and More Careers Self-expression in Interest and Talents



# THANK YOU FOR DOWNLOADING



## Welcome Teachers, Parents, and Students

I love creating tools to invite youth to experience:

\*self-advocacy to express their voice and choice for what they need, enjoy, and who they want to become.

\*self-awareness to guide their decision-making, cope, and socially adapt.

\*self-value to pursue their career goals and to know they matter greatly

Please email me with any questions or feedback [drjackie@drjackiemarquette.com](mailto:drjackie@drjackiemarquette.com)

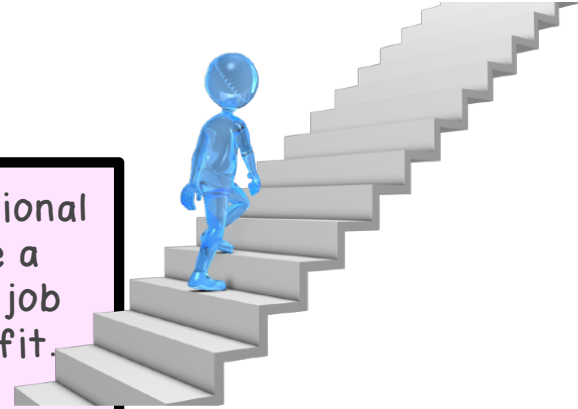
Wishing you Happiness and Joy,  
-Dr. Jackie

# What Is the Inspiration Behind Creating Self-expression in Interests and Talents?

All youth have strengths and interests that make them valuable to a particular job or a career.



Yet some youth with emotional or physical challenges have a steeper path to climb to a job or a career that is a right fit.



Positive psychology and disability literature indicates what youth need to be career ready:

- 1) develop a positive perspective of their strengths and challenges,
- 2) know their needs and preferences to negotiate and self-advocate.
- 3) consider job/careers based upon their subjective life experiences.





# What is Self-expression in Interests and Talents?

4

The Answer Key offers over

180

ideas to explore, examples on how to get started, and career options

3

Student Findings are offered in

- a. college requirements,
- b. certifications,
- c. high school degree,
- d. part time, 3. volunteer and hobbies.



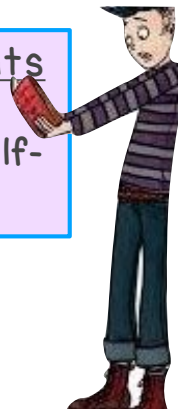
2

Students will feel engaged and curious when matching their interests from their Answer Sheet to the Answer Key



1

Self-expression in Interests and Talents is an inventory of 39 scenarios to encourage the student to read and self-reflect upon likes and dislikes.

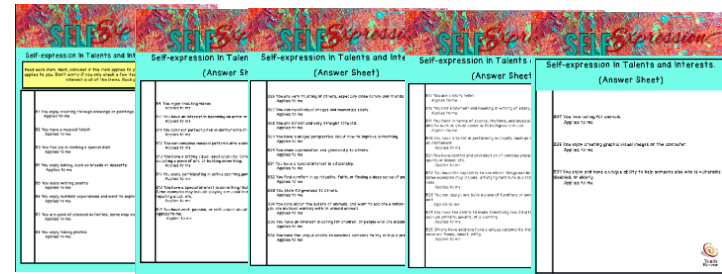




# Self-expression in Interests and Talents

An Engaging informal student self-assessment

Walks youth work through 39 scenarios. Part A.




Empowers and motivates youth to get curious and interested in developing an interest and exploring a career.

Is for all persons 14 and over, and to include students who struggle socially and emotionally, such as, disabilities and autism spectrum.(i.e., when necessary, provide aide to students who have a greater need for supports)



# Sample front page of Self-Expression in Interest and Talents: Answer Sheet with Answer Key



**Self-expression In Talents and Interests. Answer Sheet**

Read each item. Next, consider if the item applies to you. Check 'applies to me' if the item applies to you. Don't worry if you only check a few items. You are not supposed to have an interest in all of the items. Each person is unique.

B1 You enjoy creating through drawings or paintings.  
Applies to me

B2 You have a musical talent.  
Applies to me

B3 You feel joy in cooking a special dish.  
Applies to me



B4 You enjoy baking, such as breads or desserts.  
Applies to me

B5 You enjoy writing poetry.  
Applies to me

B6 You enjoy outdoor experiences and want to explore an interest in working outdoors.  
Applies to me

B7 You are good at physical activities, some may include: dancing, juggling, or gymnastics.  
Applies to me

B8 You enjoy taking photos.  
Applies to me

**Self-expression In Talents and Interests.  
(Answer Key)**

**B1.** You see yourself creating visually through drawings or paintings, etc.  
A college degree may be an advantage, but may not be required. Consider or explore these career options.  
Abstract artist Water color artist Oil painting artist. Logo designer Tattoo artist  
Sketch artist Portrait artist  
Police sketch artist Makeup artist Animator  
Cartoonist Caricature artist Computer Animator, Graphic designer, Multimedia Artists  
Drafter

College degree required  
Art teacher

Develop the artist in you. Consider and explore these options.  
Establish a place where you can create, for example, such as paint. This could be a corner of your room, a spare bedroom, or an area in the basement.


Find an artist mentor. Look for someone who is a well seasoned artist. It is also a great idea to find an art space where artists have studios. This option could open doors to interactions and new artist friendships.

Create a website to exhibit or sell your art or just to let people know about you the artist.

After you have had a chance to practice art making for several years, you might want to start contacting galleries about exhibiting your art. Look online for 'Calls to Artists' or 'Artist's Competitions' inviting artists to send images. Who knows, your art might be accepted.

**Artist Example:**  
One young man who was an artist started his career by drawing and painting dinosaurs on canvases and printing art on t- shirts. He drew exact detailed drawings of dinosaurs and became paid Paleo Artist. There were many scholarly magazines and journals that paid him for publishing his drawings. There is an entire field seeking Paleo Artists.

If you draw or paint, consider or explore these options.  
-Start a self-employment art business.  
-Exhibit artwork in coffee shops.  
-Print your art on t-shirts and sell in shops, or art shows. -Seek craft shows to exhibit and sell t-shirts, art work. -Enter artist contests (find on internet)  
-Submit your artwork to websites seeking art.  
-Join an artist club.  
-Enroll in art classes





# Career Findings in Self-expression in Talents and Interests: SCI Part B

**College degree,  
certifications, high school  
diploma, self-employment,  
hobbies**







Pursue your career search  
with curiosity, joy, and  
diligence. The world needs  
your gifts and talents. I  
wish you much success  
and happiness!

 Jackie Marquette Ph.D

[drjackiemarquette.com](http://drjackiemarquette.com)