

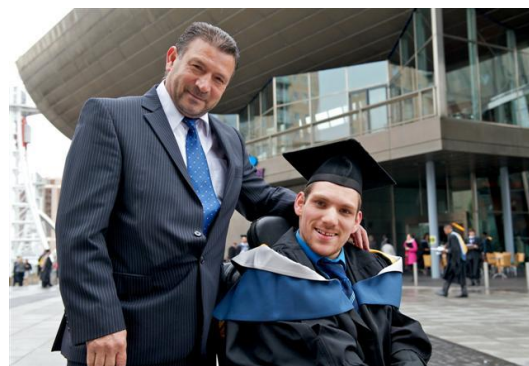


Pre-Employment Transition Services (Pre-ETS)

Pre-Employment Transition Services or Pre-ETS, are free services to students with disabilities ages 14 to 22 that are provided by Virginia's Department of Aging and Rehabilitative Services (DARS) and the Department for the Blind and Vision Impaired (DBVI). With Pre-ETS, you can learn more about choices and options for your future. You must be a student (in high school or college) to participate in Pre-ETS. Also, Pre-ETS is FREE to you!

Who can ask for Pre-ETS?

- ✓ You (the student)
- ✓ Your Parent/Guardian
- ✓ Your School
- ✓ Others who support you



Where can I find Pre-ETS?

To get Pre-ETS services, you can contact one of the following offices:

- ✓ Your local DARS office
 - To find an office, use this link: <https://www.vadars.org/office.html>
- ✓ Your regional DBVI office
 - To find an office, use this link:
<https://www.dbvi.virginia.gov/apps/dbviloc/Offices.aspx>



Planning for YOUR Future

5 Areas of Pre-ETS

- ✓ **Job Exploration Counseling** – You can explore careers you might be interested in and make you excited about working after high school.
Example: exploring O*NET OnLine (www.onetonline.org), talking about jobs in your area, going to a career fair
- ✓ **Work-Based Learning Experience** – You can learn more about a job, what skills are needed at a job, and how it can lead to a career in an actual workplace setting.
Example: internship, volunteering, workplace tours, job shadowing
- ✓ **Counseling on Educational and Training Options** – You can learn about college, training programs, and other choices you have that can help you get a job after high school.
Example: touring colleges, researching colleges, looking at college application
- ✓ **Workplace Readiness Training** – You can learn skills that can help you prepare for a job in the community along with other skills that can help at home.
Example: financial literacy, workplace hygiene, health and safety at work, being on time for work
- ✓ **Self-Advocacy Training** – It is very important to let others know what your wants and needs are. Having great self-advocacy skills can help when you have a job or need supports at home or in the community.
Example: how to request time off for vacation or medical appointments, telling others your strengths



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