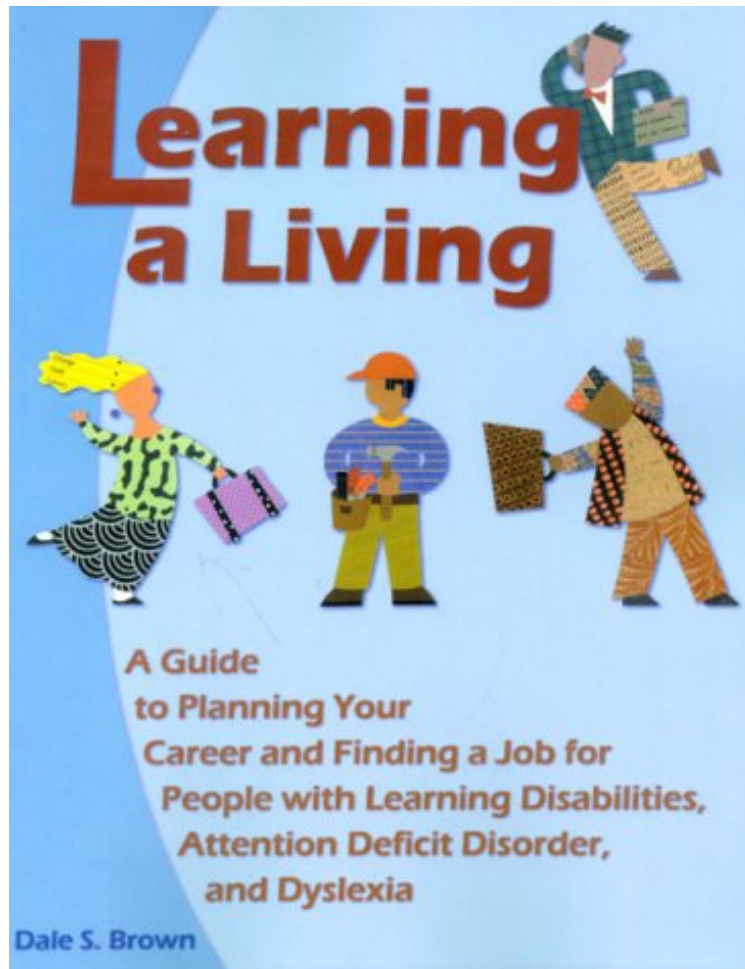


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Learning a Living: A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder,

Dale S. Brown

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Dale S. Brown : Learning a Living: A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder, before purchasing it in order to gage whether or not it would be worth my time, and all praised Learning a Living: A Guide to Planning Your Career and Finding a Job for People with Learning Disabilities, Attention Deficit Disorder,:

0 of 0 people found the following review helpful. Thorough!By ChenaA thorough range of advice on the do's and don'ts of first time job hunting. Thoughtful suggestions as to how to overcome various issues that may be a barrier to

employment, including social behavior, how to deal with physical issues such as clumsiness or inappropriate staring... worthwhile for anyone who is challenged or who is simply looking for beginner's guidance. 0 of 0 people found the following review helpful. Great insights provided through this book. By M. Stevens. Great insights provided through this book. Anyone who is living the reality of autism or special needs circumstances, will appreciate the wisdom contained in this book, either as a revelation or a confirmation. 22 of 22 people found the following review helpful. Essential, core title for job center reference collections. By Midwest Book Review. Learning A Living is a comprehensive and effective guide book for anyone with a learning disability, attention deficit disorder, or dyslexia in planning for a career or finding a job. A compendium of practical ideas, Learning A Living shows how to evaluate strengths and weaknesses; participate in the high school IEP process; select a suitable college or technical school; get feedback from friends, family, therapists, mentors; obtain accommodations at school and on the job; practice social skills; research potential careers and companies; network within professional and support associations; present oneself well on paper and in person; know and apply legal rights under state and federal anti-discrimination employment laws. Learning A Living is an essential, core title for personal, school, and community job center reference shelves.

At last, a career guide written for people with learning disabilities by someone with firsthand experience! Learning a Living, the only book on the subject of careers and the challenges of learning disabilities, discusses everything you need to know in order to find a job that uses your strengths and minimizes the effects of your disability. This comprehensive book addresses career issues for high schoolers, college students, and adults with learning disabilities, dyslexia, and attention deficit disorder. Brimming with ideas, Learning a Living emphasizes self-awareness, a positive attitude, research, and enlisting the help of others as the keys to success. Topics include: assessing strengths and weaknesses; educational options; resume writing; interviewing skills; accommodations on the job; mentors; and networking. Anyone entering the workforce for the first time or hoping to change careers will want to refer to this one-of-a-kind resource.

From Library Journal. Brown, founder of the Association of Learning Disabled Adults, has worked for approximately 20 years in the field. Presented in a friendly and readable style, her book focuses on helping people with learning disabilities, dyslexia, and attention deficit disorder. Brown, who has learning disabilities herself, has worked with thousands of people with these disabilities and shares her personal experiences. She provides a wide array of vital information, tips, insights, and advice for anyone seeking to overcome learning disabilities and pursue a successful career. Addressing career issues for high school and college students as well as adults, Brown offers resources that help teenagers and adults succeed in their career endeavors. She also provides invaluable information on national organizations involved in learning disabilities, attention deficit disorder, and dyslexia. High school and college students preparing for a career, graduates entering the work force, and adults hoping to change careers will find Learning a Living an invaluable resource. Recommended for all types of libraries. -Samuel T. Huang, Northern Illinois Univ. Libs., DeKalb Copyright 2000 Reed Business Information, Inc. From the Publisher. A few reviews.... "Growing up with a learning disability challenged me to overcome obstacles at an early age. At the time, little was known about dyslexia and there were no self-help books to encourage those of us who suffered from the disability. I applaud the very practical and thoughtfully presented advice that Dale Brown provides for achieving success in business and life." --Paul Orfalea, Founder and Chairperson, Kinko's Inc. "Learning a Living has such a friendly flow and readable style that readers will imagine themselves sitting in conversation with the author at a kitchen table. Yet, the book is so full of incredibly valuable information, tips, insights, and detailed how-to's that it is obvious that it was authored by not only an expert in this field, but also by someone who put her heart into its creation. Readers will feel the connection." --Vickie Barr, Director, HEATH Resource Center (National Clearinghouse on Postsecondary Education for Individuals with Disabilities) "High school and college students preparing for a career, graduates entering the work force, and adults hoping to change careers will find Learning a Living an invaluable resource. Recommended for all types of libraries." --Library Journal, April 1, 2000 "Remember, after you leave school and home, almost nobody is obligated to spend time with you. All of us have the right to choose our friends and associates. And although your disabilities are challenging, you can always try to improve' (p. 21). The focus of this book is learning to improve where possible, knowing about choices and making good ones, and asking for help when necessary. Although written for those with LD, ADHD, and dyslexia, it offers advice and guidance of value to any young person approaching adult life and the world of work. Importantly, the author begins with high school and a chapter filled with suggestions to help students begin thinking of their futures while making the best use of their high school years. She tells about services available, using the IEP, what to do if there is no IEP, and how to ask for accommodations. She emphasizes transition planning. She then offers suggestions for trade school, college, and graduate school, stressing the point that many people return to school and earn degrees in later life. In writing about accommodations, she presents a challenge such as, 'You have difficulty with the mental and conceptual act of writing,' then lists responses that are activities for the individual to carry out to circumvent the challenge and to work to improve it. She has chapters on social skills, believing in yourself, and searching for information about jobs. She provides suggestions about how to interact on

paper, on the phone, and in person. Ideas are offered for managing interviews. Suggestions are made for seeking help from career counselors and vocational rehabilitation. She tells of volunteer jobs, internships, and part-time jobs especially as preparation for full-time work. She includes a chapter about The Americans with Disabilities Act and what this means to persons with ADHD, LD, or dyslexia. She discusses accommodations that are realistic and those that are not. She gives examples of how to ask for accommodations, and what to do with various kinds of rejecting comments. The book is well designed. It is large, 8 1/2 x 11 inches. The print is relatively large. Headings are clear bold type. Important points are set off by numbers or bullets. Especially noteworthy ideas are enclosed in gray boxes. An excellent table of contents guides the reader exactly to the section of the text in which they are interested. Throughout the book the author stresses that it is essential for individuals to take responsibility for themselves with realistic assessment of their strengths and challenges. The book can be used as a workbook over several years beginning in high school and then beyond to school or work. It is a book to be read and re-read, sometimes only sections, sometimes whole chapter. Readers will feel as though the author is holding their hands and leading forward to job success." --Perspectives, Summer 2000 (from The International Dyslexia Association)

About the Author Dale S. Brown has worked for two decades in the field of learning disabilities. She founded the Association of Learning Disabled Adults in 1979, a model chapter for the nation. She has published extensively, including a book of poetry, *I Know I Can Climb the Mountain* (Mountain Books, 1995), about her experiences growing up with learning disabilities.