VRS Student Career Services

CONNECTING STUDENTS TO WORK

What are they? Who are they for? How can I get them?

What are they?

The Minnesota Vocational Rehabilitation Services (VRS) program partners with high schools and other community partners to arrange for or provide any of the following five services at no charge to students:

1. **Job Exploration:** Exploring interests and careers to start preparing for your future now
2. **Work Experience:** Gain skills and experience through seeing and trying out jobs you are interested in
3. **Training and College Exploration:** Exploring options for training or job skills (such as community, technical and 4-year college options, certificate and apprenticeship programs, etc.)
4. **Work Readiness Training:** Learning basic skills to find and keep a job (such as how to fill out a job application, figure out transportation, and how you use money)
5. **Self-Advocacy Training:** Learn about your strengths, challenges, preferences, and supports so that you can speak up for yourself and ask for what you need to be successful

VRS also provides additional supports to those who qualify.

Who are they for?

VRS Student Career Services are available to students who are between the ages 14 up until age 22 and who have one of the following:

- ☑ An Individualized Education Program (IEP)
- ☑ A 504 plan
- ☑ A record or note from a mental health or medical provider
- ☑ A Social Security Administration (SSA) beneficiary award letter

How can I get them?

VRS has Student Career Services available across the state.
Find the VRS staff that serve your school at: mn.gov/deed/vrs-student

FOR MORE INFORMATION, VISIT OUR WEBSITE!

EMPLOYMENT AND ECONOMIC DEVELOPMENT
VOCATIONAL REHABILITATION SERVICES