

# PUTTING YOUR BEST FOOT FORWARD

Job search skills training for youth with  
visual impairments



Putting Your Best Foot Forward is a five-day intensive job search skills training program for youth with visual impairments, ages 16 to 22 years. The program includes group and individual sessions that use active learning techniques.

## Program goals

- Develop job search skills of youth with visual impairments
- Strengthen job search self-efficacy and self-confidence
- Encourage a proactive approach to finding employment
- Facilitate use of strategies to overcome barriers to employment

## Main topics

1. Identifying your strengths and skills
2. Finding jobs
3. Thinking like an employer
4. Writing a cover letter and resume
5. Disclosing your visual impairment
6. Presenting yourself effectively in a job interview
7. Starting a new job

## For more information

Please contact Jennifer Cmar at [jcmar@colled.msstate.edu](mailto:jcmar@colled.msstate.edu) or 662-325-2778.