



ALDA

UPDATE

Express!

Winter 2009/10 Edition

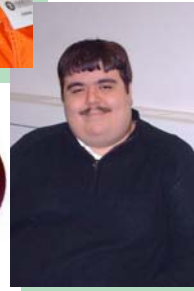
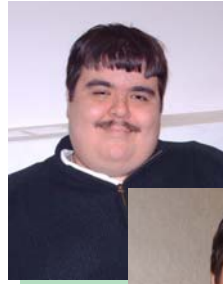
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Stephen's Story

As I went from job to job, my parent's were concerned about the employment stability in my life. They wanted more for me than a list of pointless short-lived jobs and I also wanted to feel success with my goals. My parent's helped me investigate different options and we came across the Youth Prep program. After the initial interview, I knew the program was right for me. The staff really understood my learning difficulties and that it took a little longer for me to learn. They explained how that would translate to learning on the job. They taught me new techniques on how to apply for, and prepare for, a job and most importantly to me, "that different jobs have different looks." This was the most difficult concept for me to grasp in the beginning because I'd had facial hair since I was in high school. After some coaching, I understood that grooming was an important part of a visual resume. As part of the program, we also had work experiences. All of my work experiences were awesome! At the end of each, the employers offered an evaluation on what I was good at and what I still needed to work on. These work experiences and



evaluations really helped me build my confidence and I felt like I was growing. What was still a challenge for me was that even though I gained success through the work experiences, I still had some difficulty initially finding a job on my own. I literally approached more than thirty-five places for work without success. At this point, in order to help me improve my presentation skills or visual resume, ALDA staff came with me and observed how I introduced myself to an employer and gave me feedback. After a little more work on my skills, I gained employment as a Newspaper Promoter. I now have my moustache again (because I've earned it!) but I keep it professional looking. I enjoy working with the public and have met lots of interesting people along the way. I have also been at my job for over a year now; the longest I have ever been employed. My parents are really pleased that I have found a job that I enjoy.

Stephen



ALDA is people!

Helping people with unique learning needs develop greater independence!



Seasons Greetings & Happy New Year!

June Donna
 Brenda Irish
 Nancy Jane
 Maria Candace
 Carole
 Derek John

Share what you know!

ALDA's Mentorship Service can always use your input. If you are an adult with life experience then you qualify! Our members, participants and clients love to hear what its been like for you, where you're at now and where you'd like to be eventually. They gain valuable insight into how to handle the small things in life that can be so hard to master when you have a learning disability.

This service establishes a peer support network for adults and older youth with learning disabilities/difficulties. The process is mutually beneficial. Mentors become active members within the community through their participation, and mentees will gain the encouragement that they need to foster a new sense of hope and learn new ways of coping with their learning disabilities.

WHAT IS A MENTOR?

They are role models, who are able to use their own experiences to provide guidance, support and encouragement to others. Our mentorship service targets adults and older youth with suspected or diagnosed learning disabilities/difficulties.

TYPES OF MENTORING

Indirect mentoring:

- Video clips.
- ALDA Update Express Newsletter.

Group/team mentoring:

- Workshops
- Discussions



IDEAS TO CONSIDER...

- Use the questions below to help form your personal story
- Write an article in the form of an interview (e.g. Q&A)
- Write an advice column with question and answer
- Expand on one of the questions below
- Focus on the positive! Use artwork, poetry, etc. to discuss strengths
- Write about your life experiences
- What do you know now that would have helped you in the past?
- Use your imagination!

QUESTIONS TO CONSIDER...

- When did you first realize that you have a learning disability?
- What are your specific learning difficulties?
- What have you gone through because of your disability?
- How do you think your experience would help others in dealing with the same disability?
- What advice would you give someone who has a suspected or diagnosed learning disability?
- What are your greatest strengths/abilities?
- What has been your greatest achievement?

The impact can be very subtle... yet tremendous!



Call 604-683-5554

Mentorship

Helping people work with learning disabilities!

"Start Here"
 ALDA Update Express
VIEW Assessment and Education Services
What's it Like?
 Presentation Workshop
Youth Prep
 for In-Depth Employment Assistance Services

ALDA | Adult Learning Development Association

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 Office Hours: Monday thru Friday 9:00am to 4:30pm
 Closed Weekends and Holidays



ALDA Update Express is made possible by a 2009/2010 Community Services Grant

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