

## STEP AHEAD

### career planning for people with criminal convictions

[www.iseek.org/exoffenders/](http://www.iseek.org/exoffenders/)

**The STEP AHEAD website helps ex-offenders and soon-to-be-released incarcerated persons find career planning, training, and job search information.**

STEP AHEAD ([www.iseek.org/exoffenders/](http://www.iseek.org/exoffenders/)) has information to help you set goals, choose the right career, and advance in your life by helping you:

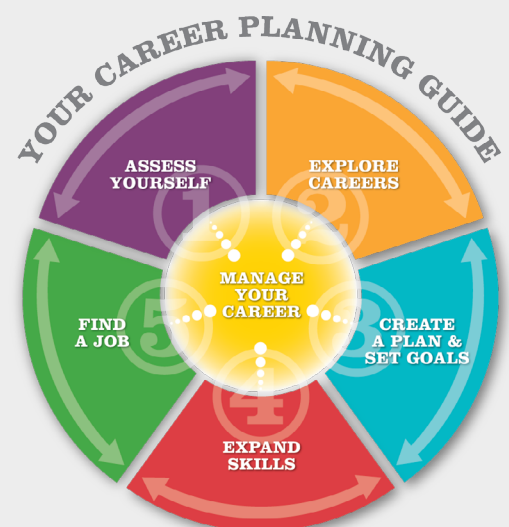
- Connect with employers
- Find wages and other details for 500 occupations
- Identify work skills
- Discover the difference between a “job” and a “career”
- Make SMART goals
- Search for training options
- Answer tough interview questions
- Overcome obstacles

How do your values match your work? Do you want a good-paying career? What are your plans for your life? Do you have the right training? What do employers want from you? How do you deal with setbacks?

**STEP AHEAD has six steps to help with your career.**

Start with Assess Yourself and follow each step in order. Or you can begin with whichever section that interests you.

1. Assess Yourself
2. Explore Careers
3. Create a Plan & Set Goals
4. Expand Skills
5. Find a Job
6. Manage Your Career



**STEP AHEAD is a one-of-a-kind website created to meet the needs of job seekers with felony convictions.** Resources on STEP AHEAD that you won't find on other career websites include:

- Skills gained while in prison
- List of jobs potentially barred to people with felony records ⚠️
- Tips for job searching under parole supervision
- Explanation of work restrictions
- Financial aid eligibility
- Employment services for ex-offenders



**Each of the six STEP AHEAD sections has information to help you with career planning.**

### Assess Yourself

Know your interests and work values. How do match your skills to work options?

### Explore Careers

What is the difference between a “career” and a “job?” Discover growing career options and find labor market information.

### Create a Plan & Set Goals

Do you have realistic expectations? Make short and long-term goals, and develop your career plan.

### Expand Skills

Find out what skills employers want and how you can get them. Do you know what it means to “go to college?”

### Find a Job

Learn how to job search after prison release and connect with employers. Do you know where to find job search help?

### Manage Your Career

Are you ready to overcome obstacles? Find you how to be successful at work and manage your finances.

This website was made with the help of the Minnesota Department of Corrections, the makers of ISEEK.org, and other state and community agencies who want to help ex-offenders to succeed and move forward after incarceration.



STEP AHEAD is one of Minnesota's Working Learner Web Tools  
[www.iseek.org/exoffenders/working-learner-web-tools.html](http://www.iseek.org/exoffenders/working-learner-web-tools.html)

Feedback about the website:

<http://www.iseek.org/exoffenders/contact-us.html>

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