



Students with disabilities: on the road to lasting employment!

Tips for students with disabilities

This leaflet contains practical information to help students with disabilities find employment.

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Tip 1 Get your CV in shape: let your talent be your guide!

Employers are mainly interested in the competences needed to do a particular job. So make sure your CV is ship-shape.

- Describe your competences, relevant education and training, and work experience.
- Reveal your talents, and possibly your obstacles.
- You may also wish to say something about your personal workload capacity and any workspace adaptations needed.

Tip 2 Present yourself and make a connection

Think about how you want to present yourself in job interviews. What are your special talents and how can they benefit this employer? Discuss this with other students with disabilities, alumni, coaches, etc.

Try to answer these questions:

- Who am I?
- What do I want?
- What are my abilities?
- What do I need?

Alternatively, do a 'one-page profile'. This is where you write one page about who you are, what matters to you, what others say about you and how an employer can best support you. You can find examples and templates on:

- [Helen Sanderson Associates](#)

Tip 3 Network: tap into your connections

Often, people find jobs through their own networks. Try to connect with interesting people in your network and ask them to introduce you to employers. This may not immediately lead to job offers, but it will put you on employers' radar and give you a clearer sense of what's out there. You can network in several ways:

- Make personal contact
- Via online media like LinkedIn and Twitter
- At gatherings like job fairs and networking events

Tip 4 Get work experience

Some employers offer work experience positions from which to advance to a regular job. The advantage of this is that it beefs up your CV while enabling you and the employer to test your fit. However, bear in mind that work experience positions tend to pay a lot less than regular jobs.

Tip 5 Look for support resources

Your municipality, employer portals and/or the UWV Employee Insurance Agency may be able to offer assistance in finding a job or making workspace adaptations. Specific support can include job application training, workplace screening, job coaching, etc. Get information about the support offered in your region early on. Some rehabilitation centres also offer guidance in the transition to work and advice on workload capacity.

Tip 6 Find the right job vacancies

Finding suitable job vacancies is a matter of knowing where to look. You can use regular online job boards, but there are also sites geared specifically to graduates with disabilities. For example:

- Job and work placement vacancies: on our website, you can find a listing of employers who are seeking or encourage applications from candidates with occupational impairments. See: [Jobs](#)
- Employment agencies: on our website, you can find information and a listing of several [specialised employment agencies](#).

Tip 7 Strike out on your own!

Another option is to go into business for yourself. For information about this, check out the [Bart Foundation](#), an organisation dedicated to helping young people with disabilities start a business.



The **handicap + studie expert centre** supports higher education institutions in the Netherlands in their efforts to make education accessible for students with disabilities. The handicap + studie centre of expertise is part of CINOP.

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