



Guide to Getting the Business Industry Job You Want as a Young Adult With a Disability

Government data shows that about [one in four](#) American adults have some type of disability. Young adults who are living with disabilities may have concerns about the job opportunities that will be open to them. A business career can be a great opportunity because of the wide variety of options available, as outlined below by [Bakersfield Family Chiropractic](#).

Choosing a Degree

Most business careers require a college education. There are many paths you can take and which one is the best depends on your interests and goals. Some of the most in-demand fields include finance, sales, human resources, consulting, and technology.

If earning a high income is on your list of goals, degrees in finance, actuarial science, economics, and business administration have historically been good pathways to a high-paying job in the business world. However, you should also keep your interests and skills in mind when deciding which degree to pursue. If you're tech savvy and have considered pursuing a degree in [information technology](#), now's the time to do so with an online computer science degree. IT is one of today's fastest growing career fields and is expected to offer about [3,200 new jobs](#) each year through 2029, according to the U.S. Department of Labor.

Benefiting From an Online Education Format

One of the benefits of a business career is that most of the degree options are available in both online and in-person formats. There are many benefits of completing your degree online. First, you can complete your work in your own home and largely on your own schedule. This may eliminate some concerns about [navigating accessibility issues](#) on campus.

Second, online learning is an opportunity to practice the time-management and virtual communication and collaboration skills you will need in the working world. Finally, because you don't have to pay for housing and fees for various on-campus activities, you can save money by taking classes online.

Building a Window for Opportunity

You don't have to wait until you are out of school to start laying the groundwork for your first job. [Start networking](#) by building relationships with instructors and classmates. Attend conferences and job fairs for the industries you are interested in.

The connections you build will make it easier to find out about internship opportunities, which you should begin applying for as soon as possible. In addition to being experience- and resume-builders, many companies consider interns first for entry-level positions.

Hunting for a Job

In many ways, searching for a job when you have a disability isn't that different from the way everyone else searches for a job. However, disabilities can present unique challenges for job seekers. Don't be afraid to [request the accommodations](#) you need, but keep your focus on what you can do and avoid dwelling on what you can't.

Have a plan for explaining why your disability won't prevent you from being able to do the job you want. Use your internships and previous work experience to demonstrate how you have overcome challenges or performed similar work in the past. If you feel self-conscious about your disability, work with a therapist or job coach to help build your confidence. Seek out resources for job hunters who have disabilities.

Nailing the Interview

Career Trend notes that preparing yourself for your [interview](#) is the best way to build your confidence. Research the company to find out as much as you can about who will be interviewing you. Call before you go to find out if there will be any accessibility issues and request accommodations.

Also, before the interview, take some time to psych yourself up. Remind yourself of everything you've already accomplished. If there are some additional things you can do to get yourself in the right mindset, like meditation or getting a [chiropractic adjustment](#) to remove any [back or neck pain](#), now's the time!

It is understandable to have concerns about how your disability may impact your career search. However, with careful choices and help from your support network, you can overcome any challenges you face and find the career of your dreams. Also, make sure to take advantage of the many resources available to you. The Arc Southern Maryland helps children and adults with special needs by providing resources, articles, and more to [help them thrive](#). Visit the website and blog today!

Our mission at [Bakersfield Family Chiropractic](#) is to adjust, educate, and empower families in our community toward optimal health and wellness. Call (661) 631-0570.

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