

Getting First Job | CPD Blog

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Welcome, Brenna!

Brenna Mantz, a graduate of the Aggies Elevated program at Utah State University, is a new employee at the Center for Persons with Disabilities. In this interview she talks about her AE experience, how she prepared for her first job, and what it's like working at the CPD. She also gives some advice to other young adults with disabilities who are seeking their own employment.

Tell me about your education with Aggies Elevated. How did it prepare you for your first job?

I was taught to be on my own. I also learned skills that helped me in the work field and other areas. I learned how time management works and how improve my social skills. I also took some classes that would help me in the career I am going into. How Aggies Elevated prepared me for my job is by showing me how to become successful in it. Also it showed what I can do to continue being successful in my job.

Tell me about the internship experience you had before coming to the CPD. Where did you work? What did you learn there?

I did my internship at Terrace Grove Assisted Living. I learned how to build up my office skills and I also learned how interact with other people by building up my social skills. I also learned how the company worked. I learned how to get out of my comfort zone and learn new things. I would help coordinate activities for the residents. I also grew to love the people who worked there and also the residents who live there. They were super kind to me.

What made you want to work at the CPD?

I heard a lot of good things about it. I heard that the people who worked there were down to earth and really nice. They also had a job opening that I was interested in, to work as an office worker. I thought to myself, this could be my dream job, working for Utah State. I got excited when I heard about this job and I felt like this could be a good fit for me.

How do you feel about working there?

I really enjoy working for the CPD. I'm impressed how people who work at the CPD care about others. I feel like this is a positive atmosphere to work in. I feel like learning new things at the CPD is a great experience for me. I also use my time to get all tasks completed that I have been assigned. I enjoy coming to work every day and seeing my coworkers have a positive attitude. I also enjoy doing office work, like organizing things.

What advice would you give other young adults with disabilities who are seeking their own first jobs?

Looking for a first job is hard. So I say continue looking for work and do not give up. Also, when they have a job, it takes a lot of time and effort to become successful in that job. It is super important to stay focused and get a lot of things done. I would also say that people with disabilities who are looking for work should know certain ways how to impress the employer. They also want to build important skills on how to become successful in their first job.