



# THE SCHOOL OF BUSINESS **CAREER CENTER**

## CAREER RESOURCES FOR NEURODIVERSE STUDENTS

The job search process is challenging for everyone, and neurodiverse students may encounter unique obstacles along the way. This handout, combined with the inclusive services offered by the School of Business Career Center at Portland State University, provides tailored resources and strategies to help you overcome these challenges and build a successful career path.

### PSU Resources

- [Disability Resource Center | Portland State University](#)
  - [In-Person Neurodiversity Group | Portland State University](#)
  - [Neurodiverse Affinity Group | Portland State University](#)
- [Disability Alliance Student Group](#)
- [Student Legal Services](#)



### Extensive Resources

- [Job Accommodation Network](#)
- [Employment — Neurodiversity Hub](#)
- [Neurodiversity Network](#)

### Book

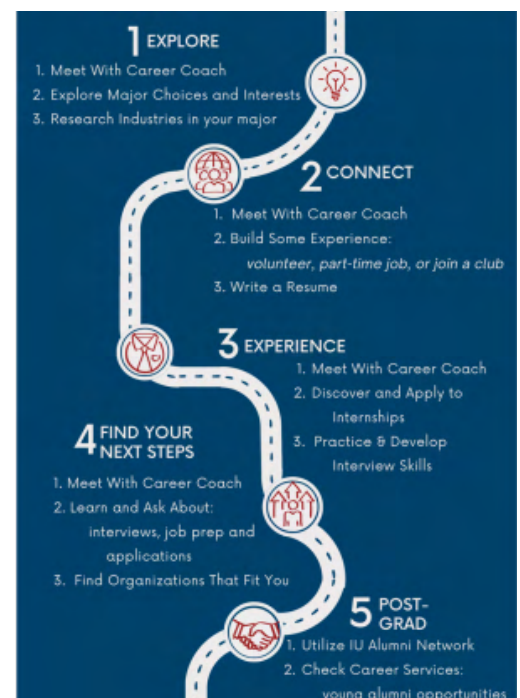
[Career Map for Students on the Spectrum \(free, online\)](#) →

### Articles

- [The Neurodivergent Prospect: Tackling the Hiring Process](#)
- [5 Tips for Neurodiverse Job Seekers | FlexJobs](#)

### Podcasts

- [Voices of Community: Neurodiversity in Life and at Work](#)
- [Neurodiversity at Work | Podcast on Spotify](#)
- [Divine Enigma on Apple Podcasts](#)



## Podcasts (continued)

- **Episodes:**
  - [Neurodiversity at work — BOSSED UP](#)
  - [How to Manage ADHD in the Workplace](#)
  - [Neurodiversity at Work - The Anxious Achiever](#)
  - [How young neurodivergent professionals can succeed at work - Fast Company](#)

## People & Connections

- [Dan Harris FRSA - Neurodiversity in Business | LinkedIn](#)
- [Ellie Middleton - Watch Me in Action](#)
- [Julie Harris-Wiley - Disability and Inclusion Speaker. Author. | LinkedIn](#)
- [Samantha Hiew, PhD - Intersectionality and Neurodiversity Speaker](#)
- [Autism Society of Oregon Autistic Professional Support Group](#)
- [Neurodivergent Professional Network | LinkedIn](#)
- [Neurodivergent \(non\)Networking - LinkedIn](#)
- [Neuroqueer](#)



## Networking

- **Listen:** [Fork theory: A multi-pronged approach to support neurodivergent networking - CareerWise](#)
- **Read:** [How an ADHD'er can Network Effectively for Success - Enna](#)
- **Read:** [5 Autistic Professionals Share Their Networking Tips – Xceptional](#)

## To Disclose or Not to Disclose

- [Disability Disclosure](#)
- [Neurodiversity at work: to disclose or not to disclose? – UCLA | Career Center](#)

## Getting Experience While in School

### Paid

- **Internships**, on-campus **student positions**, and **part-time jobs** are all excellent options.
  - [Handshake](#) is PSU's job and internship portal where you can find opportunities. Check Handshake often as opportunities are posted daily.
- [Parker Dewey](#): Micro-Internships
  - Partners with organizations and colleges to post short-term, paid, professional projects, usually 5 to 40 hours of work
  - All micro-internships are structured as independent contract work

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*All experience  
is good  
experience*

### Unpaid

- [Forage](#) (free): Gain skills through self-paced, virtual work experience simulations with top companies.
- **LinkedIn Learning** ([free through Mult. County Library](#)): Build skills that will increase your employability with LinkedIn Learning with topics ranging from leadership and business management to Excel and beyond!
- [Volunteer](#): Build skills and expand your network by contributing to causes you're passionate about while strengthening your resume.

## Finding Work

- **Hire Autism**: a free program led and run by the **Organization for Autism Research (OAR)**, with an active jobs board and offering resources for employers and job seekers alike.
- **Inclusively**: a technology-centered professional network and employment platform connecting job seekers with disabilities, mental health conditions, and chronic illnesses, to inclusive employers committed to providing needed workplace accommodations.
- **Integrate Employment Advisors**: goes further than simply matching candidates to job openings. We help you prepare for success from day one and remain a source of support.
- **Mentra**: a neurodivergent-friendly talent platform that intelligently matches neurodiverse individuals with employers that value their strengths.
- **Neurodiversity Career Connector**: a job marketplace that connects neurodivergent people with U.S. companies already committed to neurodiversity hiring programs.
- **Neurodiversity in the Workplace**: connects highly qualified neurodivergent talent to career opportunities with inclusive employers.
- **The Precisionists, Inc.**: bridges the divide between jobs and the talent pool of people with neurodiversities.
- **Workforce Recruitment Program**: connects federal and select private-sector employers nationwide with college students, graduate students, and recent graduates with disabilities who are interested in internships and/or permanent jobs

## Your Legal Rights

- **Your Employment Rights as an Individual with a Disability**: Many neurodiverse conditions qualify as a disability under the ADA. If accommodations could help your interview or job success, don't hesitate to explore your options.
  - **Job Applicants and the ADA** | U.S. Equal Employment Opportunity Commission
  - **Employees' Practical Guide to Requesting and Negotiating Reasonable Accommodation Under the Americans with Disabilities Act**
- **Disability Rights Oregon**

