

Project Power (00:02)

Welcome to More Alike Than You Think, a podcast from Project Power where we explore the real everyday lives of youth and young adults with disabilities and discover how much we all truly have in common. In each episode, we bring you honest conversations between youth and young adults from our youth advisory community, sharing stories, perspectives, and what it means to be more than just a label. Hope you enjoy the episode.

Cade Hebert (00:30)

All right, welcome back to More Like Than You Think. I'm Cade and I'm joined here today by Sabrina and Rodolfo from our youth advisory community. Do think both of you could just introduce yourselves real quick?

Sabrina Wilsdon (00:42)

Yeah, I'm Sabrina. I'm my Sabrina Wilton. I have a disability. I am twenty seven. I live in Boulder and I've been helping people.

give them to for kids with disabilities.

Rodolfo Martinez (00:59)

I'm Rudolfo, I'm 26 and my disability is Spina Bifida and Hydrocephalus and I've been as well with YAC for quite some time and have enjoyed it and also involved in other youth groups as well and just been like a advocate. And that's pretty much for right now.

Cade Hebert (01:20)

Yeah. So today we're going to be talking about basically finding a new job and how to do that and what that looks like. And then also just career development and thinking about the future as far as work as someone with a disability. Because both Sabrina and Rodolfo coming into the new year are both kind of

maybe looking for new work or are curious about new work. And so really wanted this episode to have a conversation about that and get their insight into what that's like. So maybe we can start with Sabrina and you could just tell us like maybe what you do now, the work that you're like looking to do and

I don't know how the process is going for you so far.

Sabrina Wilsdon (02:09)

Okay, so I Right now is a semi-chocolate tea sim lesson for the city of Bordeaux that might go on trial right now and I Am ~ and wanting to work in a front deck position more than at like a Council will blaze

somewhere that can be fun, that's really where my passion is. And so, the process has been kind of slow because of how everything is going. I have, don't really want to do semi-tracking anymore, so it's been

really more focused. I have a burrito, but also doing fun. And it's been...

slow. It haven't been fast. I thought I might've gotten one fast, but it's been a slow process. I've been going through a lot of interviews and I don't always get high. And so it's been, I keep going and I keep basing out with my resume and cover letter to try to find one, but it's been

really slow in back really into the economy right now to find a job that I want to um that I love to do and so it been it really been slow it haven't been fast but I'm still looking

Cade Hebert (03:34)

Right. Gotcha. For you, what has the interviewing process been like from your experience with your disability and things like that?

Sabrina Wilsdon (03:43)

~ they have been supportive. mean, they have been really, yeah, they've been, it been good. I would say some of them may not already know and it, some of them are. They're about that because they, they did don't know well. and so I think.

Some of them have nice, but also some of them haven't been very nice in terms of job opportunity. And I have another thought. Through the interview process, some are nice and some are not the nicest when it comes to actively doing an interview.

Cade Hebert (04:24)

And how about for you, Rodolfo, what maybe you could just tell the listeners kind of what you're doing now and what other kind of work you'd be looking at doing and what that process has kind of looked like for you so far.

Rodolfo Martinez (04:37)

For me right now I currently work overnight at the Home Depot here close to me over here in Phoenix and ~ I would do the freight so I unload the trucks that we get most nights and then just stock-rein the merchandise and all that up and down the store throughout the night.

I've been there already for about, I would say, 3-4 years, but as of now I've been on

~ I've had the thought of wanting to go back to school because, ~ once COVID hit, was going to Phoenix College, ~ to get my associates in criminal justice. And once COVID hit, everything went on into online and everything just switched around for me. And it was more difficult for me to go online. So I stopped going to school for, since then, but I do want to go back and finish. ~

Cade Hebert (05:13)

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Rodolfo Martinez (05:33)

and finish and get my associates and then see what to do from there because I have been because the end result I do I would like to work in ballistics with that ~ degree so hopefully but as well I would like to see if I apply it at a local shooting range here as well

Cade Hebert (05:44)

Hmm.

Sabrina Wilsdon (05:47)

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Cade Hebert (05:53)

Right. Okay, gotcha. It sounds like both of you are kind of making steps towards the career you wanna pursue. I know Sabrina, you really wanna be a marriage counselor and then Rodolfo, you with criminal justice, ballistics. It seems like you're both making steps towards that. I'm kinda curious to hear, you know...

what it feels like to be making those first steps towards something that you've probably wanted to do for a long time. If it's like scary or, you know, exciting at the same time, I'm sure it's a little bit of both, but maybe you could speak a little bit to like how it feels to be stepping into almost like the beginning of your career journey.

Sabrina Wilsdon (06:38)

Um, yeah, so I have wanted to help couples and That what I have wanted to do. I it Been novice it been kind of silly cuz like I I don't know

what the first step is. And so it's been healing but also it's tiring at the same time. I have had people help me kind of figure out the process and how to get there. I still have it where I'm like, don't know the next step. I don't know what the next step looks like. And so I'm kind of getting it day by day.

But I'm also very thankful that I have support on how do we get there, what do I actually need, and what is going to be helpful. And I also talked to people on online callers, because I want to be doing online callers classes. And it's been a long process. I haven't really...

found anything that I really want or looking for or really what I need that are not really going to be fairly helpful in my journey. And so that process has been really long anyway and so I'm trying to figure out what other way and so I've been talking to lot of my childhoods, a lot of different people about what other way can I

get to where I want to go with a college that I, an online college

that may or may not, is not really the life fit and making so that I get into a college that is the life fit and what I want to do but also gonna help me get through what I want to do.

Cade Hebert (08:27)

Right. Does it feel like you kind of know the sort of a way that you could get to where you want to be now? Or does that still feel kind of out of reach?

Sabrina Wilsdon (08:36)

That's how I kinda feel a la least. I still feel a little bit on what I know how to get there. But I still feel like it's a little bit out of reach now because I don't know like all of this up to. I know like I have to get a bachelor in psychology before I can even do my math though. And figuring that whole...

Cade Hebert (08:53)

Mm-hmm.

Sabrina Wilsdon (09:00)

singing out and so it's been I feel like it'll fall at least because I haven't really done a lot of it and so I really feel like it'll fall out there and so having that support to help me figure out what other way to help me get through what I my career to be.

Cade Hebert (09:12)

Yeah.

Right, that makes sense. Yeah. What about you, Rodolfo? How does it feel kind of, you know, almost, I guess you kind of were getting your degree. So you kind of started down that journey into doing what you really want to do. But now how does it feel kind of thinking about re-engaging with that and starting almost like starting again into really going towards what you want to be doing?

Rodolfo Martinez (09:50)

I would say happy, nervous, anxious. Because honestly, what would get me like kind of like kind of well not really really stressed but kind of anxious and a little bit stressed is the just the process of having to always fill out FAFSA and just that whole process of just it doesn't doesn't really take that long but

just always having to do the process of filling out fastball and just doing other stuff with that as well and just

as well the classes that I had when I first started. I first went in taking I think three, no, four classes going into college. And of course I didn't, I was hoping to pass all of them, but I didn't unfortunately. But then I learned to ~ go at my own pace and I then went from three classes and see how I did.

Sabrina Wilsdon (10:31)

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Rodolfo Martinez (10:47)

and then to just I think it was two or if not I did end up staying with three and did okay but I of course didn't finish school but I do want to go back so that's what I'm kind of iffy about right now and well I know I'll get over it.

Cade Hebert (11:04)

Hmm. So for you with the schooling, it's kind of,

Sabrina Wilsdon (11:09)

you

Cade Hebert (11:09)

just like.

Do you feel like that, like with the schooling is where you feel the most kind of barriers or things like that for like moving into what you want to do?

Rodolfo Martinez (11:19)

~ yeah, but I know I say that I'm like kind of anxious and not that kind of scared but I know once I get to it and go with it I know I'll get over it and it won't be as bad as I thought it would.

Sabrina Wilsdon (11:31)

you

Cade Hebert (11:34)

Gotcha. Yeah, I feel like you almost have to keep like reminding yourself of that because at the end of the day it's like It's it's always scary before you start and then once you get going it like becomes less scary because then you realize Yeah, you typically realize that you're like you do like one thing and then you realize you're capable and then it kind of like you just kind of continue down the path

But I know for me, I get overwhelmed if I think too far in the future of this is where I wanna be. And then I'm like, do I go from where I'm at now to there?

So yeah.

do you guys have in regards to your career or something that has been on your mind with thinking about that?

Sabrina Wilsdon (12:17)

I mean, I guess for me, it's really thinking about going to the white online college and getting the hope that it's going to be helpful. And also, on top of that, figuring out the whole money on how we can pay for college and figuring out how the whole money is going to work for that.

Rodolfo Martinez (12:19)

One, two.

Thank

Cade Hebert (12:35)

Hmm.

Rodolfo Martinez (12:39)

Thank

Sabrina Wilsdon (12:41)

That I'll go been also one of the liaison why I've been I'll go Kind of like so I go what what need to happen? Could I haven't really fully figure out the whole money situation and so that I'll go been kind of tough for me is figuring out well if I do go how am I gonna pay for my

Cade Hebert (12:59)

Mmm, gotcha.

Rodolfo Martinez (13:01)

That too I was gonna say as well. I know that she's talking about that that makes Some sense as well because yeah, it's pretty pricey the stuff that they that you need for your classes, of course at the bookstore and Just different materials and just having to pay as well Or if not From my from what I've experienced as well since I haven't since I didn't really I guess pass

my classes then I guess I had to pay back my fast food or however the situation went but yeah the having to just the expenses as well

Cade Hebert (13:37)

Gotcha. Okay, wait, so for you, like, because you didn't finish it, you had to like pay back. ~

Rodolfo Martinez (13:44)

Yeah, it was

back in like 2018-19 I think when I was in school but that was it was something like that that I had a feedback I think or something about that but

Yeah, I'm just hoping that it goes good for me when I do start again, even if it's online as well. I'll have to get used to it even if it's online. But yeah.

Cade Hebert (14:13)  
Yeah.

Would you, think you would go to the same school, like same program and things, or are you looking at different ones? Okay.

Rodolfo Martinez (14:21)  
~ no, yeah, would. Yeah,

I would continue going back to Phoenix College because it's. I would say. Probably. On not the only closest one for me, but I would say I will go back to there and then know what I did ~ want to do was transfer to a then a university as well.

Cade Hebert (14:36)  
Gotcha.

Okay, gotcha. Because do you need like a masters for what you want to do or just bachelors?

Rodolfo Martinez (14:46)  
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I would say yeah, I would say you would probably need a master's or depending however you would want to do or because it's not because of course the field of one of the scissors is like real big so ~ yeah I don't know how it would be as well depending on the jobs and degrees that you would need.

Cade Hebert (14:49)  
Okay.

Mm-hmm.

Gotcha. Yeah, Sabrina, you also need a master's for years, right? Like for marriage counseling? Right. Have you, okay.

Sabrina Wilsdon (15:12)  
Yeah Yeah, it and so

Yeah, it the two you know of that or fully but well, guess a different I need a vessel in psychology before I can get my muscle

and count.

Cade Hebert (15:27)

Okay,

gotcha. Have you started looking at schools or where you would do that?

Sabrina Wilsdon (15:32)

Yeah, it's harder looking. Some of them don't have what I'm looking for and also some of them don't have the support I'm looking for. And so it's been figuring out what do they have what I'm looking for but do they also have the support I need to be successful in my career.

Cade Hebert (15:40)

Okay.

Hmm.

Gotcha. Are you looking like online or in-person colleges?

Sabrina Wilsdon (15:58)

online call is in.

Cade Hebert (15:59)

Okay, gotcha. What are those? I'm curious. What are those supports look like for you like doing online college?

Sabrina Wilsdon (16:06)

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I mean like having well besides the classes mostly also having like a toodle so that can kind of help me to me and kind of in the class I'm taking and figuring out like way of well if awkward getting a toodle to help me for my online classes

That way what it looked like is having that tutor that kind of helped me so that I'm also on bow with all the classes. But I have a tutor that kind of helped me through it. And so having that will, I know that I also have support, but I have a tutor that can help me in all my classes with kind of what I need and help me and get to know me through getting past.

the classes.

Cade Hebert (16:53)

Right. Okay, cool. Yeah, I'm wondering what is the biggest barrier you guys feel like, whenever you think about where you're at now and what you would want to be doing, what feels like the biggest, the scariest barrier within that or the kind of thing that feels like, okay, if I can just get over this, then I can do this. What is that for you guys?

Sabrina Wilsdon (17:18)

I think for me, the big imperial is going to get my Bachelor in psychology and passing all the classes because I need that before I can even get my Master. So I think I would definitely say that's a big imperial because I think once I can get through the psychology and getting through my Master.

Cade Hebert (17:29)

Mm-hmm.

Sabrina Wilsdon (17:40)

that the math solo is be suvo once I can do that and I think that is one of the reasons that like my big fail I have is getting, graduating to get my fat solo in psychology before I can move on and that is my biggest failure that it holding me back.

Cade Hebert (17:42)

Mm-hmm.

Yeah.

Right, that makes sense, because it's like a, you're basically building your foundation of like knowledge for like all of it, which like is a lot, like takes a lot of energy and you know, it makes sense that like, you know, cause when you get to the master's level, it's more like, like what it's called, you know, like mastering what you've learned and like learning all the like specific things you need. Whereas like,

you know, building the foundations and learning all the foundational things and like doing all that and getting your bachelor's like definitely makes sense that that would be a little more feel like the more big the like bigger barrier. What about for you, Rodolfo? What's kind of the biggest like the thing that feels like, okay, like once I get this done done with like I can do the rest and it'll happen.

Rodolfo Martinez (18:45)

say as well probably like this fast food process. Fast food process and then I would just say like not a big big fear but I would say just like fear. I know everyone has like a fear or something or just like kind of like anxious or you know with with the thought of

Cade Hebert (18:58)

Hmm.

Rodolfo Martinez (19:05)

like what if this and that.

but ~ yeah that ~ I would just have to tough up and just make my way through it because I have when I was in school I did have a class where it was difficult for me and it was just like I was a psychology

class that I had that one was just real tough for me and just like confusing and

Cade Hebert (19:08)

Like what if it doesn't work out or?

Yeah.

Rodolfo Martinez (19:31)

just

the way it was like all worded and stuff as well was it kind of like threw me off and I was just like, I don't know, I kind of want to keep going, but then want to take a break from it. But then was just, but then COVID happened. So I was like, of course I took a break for it, but I, I do want to, I do want to tough up and yeah, I do want to go back and just give it a, get over with.

Sabrina Wilsdon (19:40)

Okay. Okay.

Cade Hebert (19:49)

Yeah.

Like give it everything you have and see if it works or not. Yeah. I mean that, that makes sense. That's all you really can do at the end of the day is like.

Rodolfo Martinez (20:01)

Yeah.

Cade Hebert (20:08)

Say like I I mean cuz Yeah, you're both braver than a lot of people because some people like just don't even try Because they're like all this too big. I can't achieve it, you know So but you guys Like you have something that you want to see happen and you're you're taking steps towards like seeing that and like even if it doesn't happen immediately which like it won't happen immediately, but

You know, I think, yeah, you're doing better than you think maybe. I feel like that's the truth a lot of times is because you always, you're always looking at the like end goal. And so it's like, you know, taking time to celebrate the small wins is like so important because then it like allows you to see that you are progressing and that you are like doing like you're doing it, you know, you're getting there.

Sabrina Wilsdon (20:33)

Okay. Okay.

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Cade Hebert (20:59)

So yeah, I hope that you guys can find that as you continue towards the things that you're wanting to do, you know?

So yeah, is there anything else that you guys wanna share before we wrap up here?

Sabrina Wilsdon (21:13)

Um, I mean I hate people who are listening in

Even though the jailiness of I don't know if I'm going to pass a class, I don't know if I can do this. So then hold you back from what you want to see happen and that it may be scary, but you have people that is supporting you through it and helping you and that is

of protein and if you're feeling healthy, you know, know that you are brave and that you may, it may take more time than usual, but you are going to be able to pass it with the hope and get, I don't know, believing in yourself, but I'll keep going.

Rodolfo Martinez (21:54)

Yeah.

I would say to just keep going with what you want to do and even if it is tough at times for you just to keep going and

hope it works out in good luck.

Cade Hebert (22:16)

you

Rodolfo Martinez (22:17)

Cause I know I've been in that situation where I've just been like, what do I do and this and that, but then I do get help and it did get kind of better, but yeah, I would want to just continue and hope it works out for whoever as well does the same.

Cade Hebert (22:33)

Gotcha. Thanks for sharing guys. Yeah, thanks for joining us today. Thanks to Sabrina and Rodolfo for sharing all the things that they did. ~ And yeah, keep on the lookout for more episodes coming your way. And let us know if there's any topics that you'd want to hear.

Sabrina Wilsdon (22:41)

. you

Cade Hebert (22:50)

We have a great youth advisory community full of young adults who have

disabilities and know all sorts of different things and have their own life experiences and everything. So yeah, let us know if you want to hear anything specific. And with that, thanks for joining and we'll see you next time.

Sabrina Wilsdon (23:10)

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Project Power (23:13)

Thanks so much for joining us for this episode of More Like Than You

We hope today's conversation with our guests reminded you that we're all navigating life in our own way and that disability is just one part of a much bigger story. If you found something that resonated with you, share this episode with a friend, leave a review, or let us know what you think. We'd love to hear from you.

More Like Than You Think is produced by Peak Parent Center's Project Power Team and features voices from our youth advisory community.

their families, visit [peakparent.org](http://peakparent.org) or follow us on social media at [peakprojectpower](https://www.instagram.com/peakprojectpower).