

Barriers Checklist



**Do you have barriers to employment
you need to acknowledge
and control?**

- Lack of Transportation
- Concerns with Restitution
- Lack of adequate child care
- Lack of education
- Spotty or no work history
- Too many volunteer quits
- Too many discharges
- Health Problems
- Negative attitude
- Lazy don't want to work
- Don't want to leave children
- No skills
- Low self-esteem
- Lack of confidence
- Friend/Family holding you back
- Lack of adequate housing
- Lack of labor market information
- Too Old
- Too Young
- Too many children
- Single Parent
- Feel Overwhelmed
- Fear of losing welfare benefits
- Fear of other people
- Fear of rejection
- Lack of appropriate clothing
- Not enough money
- No "good" jobs
- Substance abuse
- Overweight – Underweight
- Cost of Supervision
- Fear of Interviewing
- Unrealistic job expectations
- Physical handicap
- Too busy
- Family Problems
- Interference with Family/friends
- Lack of goals
- Don't know how to drive
- No car Insurance
- No work references
- New to area
- Too much stress
- Children
- Live too far from worksites
- Hours not available that I want to work
- Lacking computer skills
- No resume
- Poor employment application
- Lack of work related references
- Limited writing skills
- Can't read tape measure
- Poor Math skills
- Poor Reading skills
- Poor penmanship
- Poor computer skills
- Other _____
- Other _____
- Other _____

List 3 Barriers that you feel are most pressing:

- 1.
- 2.
- 3.