

## **Barriers Check List**

Check what is applicable

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**Name – Print**

### **Personal and Emotional Barriers**

- Low Self-Esteem
- Lack of Confidence
- Fear of Rejection
- Fear of Interviews
- Fear of Social Interaction (Fear of People)
- Unrealistic Career Expectations
- Mental Health Concerns (e.g., anxiety, depression, PTSD)
- High Stress Levels or Burnout
- Trauma or History of Abuse

### **Health and Medical Barriers**

- Medical Conditions (e.g., diabetes, chronic illnesses)
- Physical Limitations or Disabilities
- Health Issues (e.g., injuries, mobility challenges)
- Substance Use or Addiction Recovery

### **Skills and Education Barriers**

- Lack of Work Skills
- Lack of Interview Skills
- Lack of Job Search Skills
- Poor Reading Skills
- Poor Writing Skills
- Poor Math Skills
- Limited or No Computer Skills
- Lack of Work-Related Certifications
- Learning Difficulties (e.g., dyslexia, ADHD)
- Lack of Education or Formal Training

### **Work Experience Barriers**

- Sporadic Work History
- Gaps in Employment
- Unable to Maintain Consistent Employment
- Lack of Work Experience
- No Work References

## Language and Cultural Barriers

- English as a Second Language (ESL)
- New to Edmonton or Canada
- Cultural Adjustment Challenges
- Lack of Familiarity with Canadian Workplace Norms

## Practical and Logistical Barriers

- Lack of Transportation or Reliable Access
- Restricted Availability (e.g., hours of work, caregiving responsibilities)
- Lack of Childcare

## Cognitive and Behavioral Barriers

- Lack of Memory or Forgetfulness
- Lack of Goals or Motivation
- Difficulty with Time Management
- Poor Problem-Solving Skills
- Difficulty Adjusting to Workplace Expectations

## Social and Networking Barriers

- Lack of Professional Networks
- Fear of Engaging with Others
- Limited Awareness of Job Opportunities

## Others

- Limited Access to Necessary Resources (e.g., internet, phone)
- Lack of Awareness of Available Services
- Other Personal Challenges (to be specified by the applicant)

If you have checked others, please mention them.

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Date: \_\_\_\_\_