



## Key Points - Getting Fired

1. Getting fired usually means that your place of employment was not happy with your work or behavior.
2. There are many valid reasons why someone might get fired (e.g., arguing with the supervisor, unexcused absences, not completing work duties).
3. It is illegal for a person to be fired just because they have a disability.
4. If you are fired, you should respond in a calm and polite manner.
5. Getting fired can be very stressful. Talk to someone who you trust to help you cope with feelings of sadness and anger.