



CAREER EXPLORATION

S3-013

Discover. Explore. Plan Your Future.

STUDENT _____ DATE _____ SESSION _____



DISCOVER

Explore who you are.



EXPLORE

Learn about options.



MATCH

Find careers that fit.



PLAN

Take action today.



WHAT INTERESTS YOU?

Check all that spark your curiosity.



Art / Design



Technology / Computers



Helping Others



Sports / Fitness



Animals / Nature



Business / Entrepreneurship



Science / Research



Writing / Communication



Law / Government



Music / Performing Arts



Building / Engineering



Problem Solving / Math

Other: _____



WHAT ARE YOUR STRENGTHS?

Rate yourself from 1 (not strong) to 5 (very strong).

Creativity

1 2 3 4 5

Working with Others

1 2 3 4 5

Communication

1 2 3 4 5

Adaptability

1 2 3 4 5

Leadership

1 2 3 4 5

Attention to Detail

1 2 3 4 5

Organization

1 2 3 4 5

Persistence

1 2 3 4 5

Problem Solving

1 2 3 4 5

Critical Thinking

1 2 3 4 5



WHAT MATTERS TO YOU?

Rank your top 5 values (1 = most important).

___ Making a Difference

___ Job Security

___ Financial Stability

___ Helping Others

___ Work-Life Balance

___ Learning / Growth

___ Creativity / Expression

___ Independence

___ Adventure / Travel

___ Other: _____



CAREER MATCH-UP: WHICH ROLES FIT YOU?

Pick 3 careers that interest you and score how well they match you (1-5).

CAREER	INTEREST (1-5)	STRENGTH MATCH (1-5)	VALUE ALIGNMENT (1-5)	TOTAL (/15)
1. _____	___	___	___	___
2. _____	___	___	___	___
3. _____	___	___	___	___



EXPLORE & LEARN MORE

Choose one career from above and research it.

Career: _____

What does this career do?

Typical work environment: _____

Education/Training needed: _____

Average salary range (just an estimate!): \$ _____ - \$ _____

3 Things I like about this career:

1. _____
2. _____
3. _____



DAY IN THE LIFE

Imagine it's a typical day in this career.
What might your day look like?

- _____
- _____
- _____
- _____
- _____



MY NEXT STEPS

Pick 2 small actions you can do this week.

- ☐ Watch a YouTube video or read about this career.
- ☐ Talk to someone who works in this field.
- ☐ Take a career quiz (e.g., 16Personalities, O*NET, MyPlan).
- ☐ Shadow or visit a work site / internship.
- ☐ Other: _____



REFLECTION

What excites me most about my future? _____

What am I still unsure about? _____

One thing I'll keep in mind as I explore: _____

Your future is not one path. It's a journey. Keep exploring.



YOU DON'T HAVE TO HAVE IT ALL FIGURED OUT TODAY.
JUST KEEP SHOWING UP, KEEP LEARNING, AND KEEP GOING.