

Introduction

Welcome to Exploring Career Options and Personal Strengths! This worksheet is designed to help you discover your strengths, interests, and values, and explore career options that align with them.

Activity 1: Career Interests Survey

Take a few minutes to complete the following survey:

1. What are your favorite subjects in school? _____
2. What activities do you enjoy doing in your free time? _____
3. What are your strengths and talents? _____

Understanding Your Strengths

Read the following statements and circle the ones that describe you:

- I am a creative problem-solver.
- I am a good communicator.
- I am a team player.
- I am a detail-oriented person.
- I am a leader.

Activity 2: Strengths Identification

Write down three strengths that you think you possess and explain why you think they are your strengths.

Exploring Career Options

Research and list three careers that interest you:

1. Career 1: _____
2. Career 2: _____
3. Career 3: _____

Activity 3: Career Research

Choose one of the careers you listed and research the following:

- Job description: _____
- Required skills and education: _____
- Job outlook and growth opportunities: _____

Goal-Setting

Write down three short-term and three long-term goals for your future:

1. Short-term goals:

1. _____

2. _____

3. _____

2. Long-term goals:

1. _____

2. _____

3. _____

Activity 4: Goal-Setting Plan

Create a plan for achieving one of your short-term goals. What steps will you take to achieve it?

Career Pathways

Read the following career pathways and circle the ones that interest you:

- Arts and Design
- Business and Finance
- Health and Wellness
- Technology and Engineering
- Social Sciences and Humanities

Activity 5: Career Pathway Research

Research and list three careers within one of the pathways that interest you:

1. _____

2. _____

3. _____

Networking and Professional Development

What do you think is the importance of networking and professional development in career advancement?

Activity 6: Networking Plan

Create a plan for building relationships with professionals in your desired field. What steps will you take to network and seek guidance?

Overcoming Obstacles

What obstacles do you think you may face in your career journey? How will you overcome them?

Activity 7: Obstacle Overcoming Plan

Create a plan for overcoming one of the obstacles you listed. What steps will you take to overcome it?

Career Assessment

Take a few minutes to complete the following career assessment:

1. What are your values? (e.g. work-life balance, creativity, helping others)
2. What are your interests? (e.g. science, art, music)
3. What are your skills? (e.g. communication, problem-solving, leadership)

Activity 8: Career Assessment Reflection

Reflect on your career assessment results. What careers align with your values, interests, and skills?

Career Journal

Write a reflective journal entry about your career exploration journey so far. What have you learned about yourself and your career aspirations?

Conclusion

Congratulations on completing this worksheet! Remember that career exploration is a lifelong process. Keep exploring, learning, and growing, and you will be well on your way to achieving your career goals.

