



## Introduction (5 minutes)

Welcome to the world of career exploration! Understanding your personal strengths and interests is a crucial step in discovering a fulfilling career path. Take a few minutes to read the introduction and answer the following questions:

1. What do you hope to achieve through career exploration?

2. What are your expectations from this activity?

## Understanding Personal Strengths (15 minutes)

Your personal strengths are the skills and abilities that you excel in and enjoy using. Take a few minutes to reflect on your strengths:

- What are you good at?
- What do you enjoy doing?
- What skills have you developed over time?

Write down your top three strengths:

1. \_\_\_\_\_

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2. \_\_\_\_\_

3. \_\_\_\_\_



## Exploring Interests (15 minutes)

*Your interests are the things that you enjoy doing in your free time. Take a few minutes to reflect on your interests:*

- What do you enjoy doing in your free time?
- What activities make you feel happy and engaged?
- What topics do you find interesting to learn about?

Write down your top three interests:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Aligning Strengths and Interests with Careers (20 minutes)

*Now that you have identified your strengths and interests, it's time to explore how they can be aligned with potential careers. Take a few minutes to research and brainstorm:*

- What careers use your strengths and interests?
- What jobs would allow you to use your skills and abilities?
- What industries or fields align with your passions and interests?

Write down three potential careers that align with your strengths and interests:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Career Research and Exploration (25 minutes)

*Researching and exploring different careers is an essential step in finding the right fit. Take a few minutes to:*

- Research job descriptions and requirements
- Explore career paths and growth opportunities
- Learn about the work environment and company culture

Write down three things you learned about your potential careers:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Creating a Personal Career Portfolio (20 minutes)

*A personal career portfolio is a collection of your strengths, interests, skills, and experiences. Take a few minutes to:*

- Gather examples of your work and achievements
- Write a personal statement outlining your career goals and aspirations
- Create a visual representation of your portfolio (e.g., infographic, mind map)

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Write down three things you included in your portfolio:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Conclusion (10 minutes)

*Congratulations! You have taken the first steps in understanding your personal strengths and interests and exploring potential careers. Take a few minutes to reflect on what you have learned:*

1. What was the most surprising thing you learned about yourself?

2. How will this learning change your actions in the future?

3. What questions do you still have about career exploration?

## Activities and Questions

*Take a few minutes to complete the following activities and questions:*

1. What are your top three strengths, and how can you use them in a career?

2. What are your top three interests, and how can you align them with a career?

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3. Research and write about a career that aligns with your strengths and interests.

## Career Exploration Plan

Create a plan for further career exploration:

- What steps will you take to learn more about your desired career?
- What resources will you use to research and explore careers?
- What is your timeline for career exploration and decision-making?

Write down your career exploration plan:

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

## Reflection and Feedback

Take a few minutes to reflect on what you have learned and provide feedback:

1. What did you learn about yourself and your career aspirations?

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2. What did you find most helpful or challenging about this activity?

3. What suggestions do you have for improving this activity?





