



Welcome to Your Career Journey!

As a 15-year-old English language learner, you are about to embark on an exciting journey of discovery and exploration. This workbook is designed to help you learn about career options and goal setting, and to provide you with the tools and skills you need to make informed decisions about your future.

Introduction to Career Options

What are your strengths and interests? What do you enjoy doing in your free time? What are your career aspirations?

1. What are your strengths and interests?

2. What do you enjoy doing in your free time?

3. What are your career aspirations?

Activity 1: Career Options Sorting Game

Sort the following career options into categories (e.g. arts, science, technology, engineering, and mathematics (STEM), healthcare, etc.):

- Doctor
- Teacher
- Engineer
- Artist
- Scientist
- Athlete

Exploring Strengths and Interests

What are your top three strengths? What are your top three interests? How do your strengths and interests relate to different career options?

1. What are your top three strengths?

2. What are your top three interests?

3. How do your strengths and interests relate to different career options?

Activity 2: Strengths and Interests Assessment

Complete the following worksheet to identify your strengths and interests:

- What do you enjoy doing?
- What are you good at?
- What do you value most in a career?

Goal Setting

What are your short-term and long-term goals? What steps can you take to achieve your goals? What obstacles might you face, and how can you overcome them?

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2. What steps can you take to achieve your goals?

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Activity 3: Goal Setting Template

Use the following template to create a personalized goal-setting plan:

- Specific goal: _____
- Measurable goal: _____
- Achievable goal: _____
- Relevant goal: _____
- Time-bound goal: _____

Career Research

Research a career that interests you and answer the following questions:

1. What are the job responsibilities?

2. What education and training are required?

3. What are the salary ranges and growth opportunities?

Activity 4: Career Research Worksheet

Complete the following worksheet to research a career that interests you:

- Career: _____
- Job responsibilities: _____
- Education and training: _____
- Salary ranges and growth opportunities: _____

Networking and Mentorship

What is networking, and why is it important? How can you find a mentor, and what are the benefits of having one?

1. What is networking, and why is it important?

2. How can you find a mentor, and what are the benefits of having one?

Activity 5: Networking and Mentorship Worksheet

Complete the following worksheet to learn about networking and mentorship:

- What is networking? _____
- How can you find a mentor? _____
- What are the benefits of having a mentor? _____

Career Options and Goal Setting

How do career options and goal setting relate to each other? What are some common career options, and how can you explore them?

1. How do career options and goal setting relate to each other?

2. What are some common career options, and how can you explore them?

Activity 6: Career Options and Goal Setting Worksheet

Complete the following worksheet to learn about career options and goal setting:

- What are some common career options? _____
- How can you explore different career options? _____
- What are the benefits of setting goals? _____

Reflection and Self-Assessment

What have you learned about yourself and your career aspirations? What are your strengths and weaknesses, and how can you use them to inform your career choices?

1. What have you learned about yourself and your career aspirations?

2. What are your strengths and weaknesses, and how can you use them to inform your career choices?

Activity 7: Reflection and Self-Assessment Worksheet

Complete the following worksheet to reflect on your learning:

- What have you learned about yourself and your career aspirations?

- What are your strengths and weaknesses, and how can you use them to inform your career choices?

Career Development and Career Stages

What are the different stages of career development, and how can you navigate them? What are some common career paths, and how can you explore them?

1. What are the different stages of career development?

2. What are some common career paths, and how can you explore them?

Activity 8: Career Development and Career Stages Worksheet

Complete the following worksheet to learn about career development and career stages:

- What are the different stages of career development? _____
- What are some common career paths, and how can you explore them?

Career Research and Informational Interviews

How can you research different career options, and what are the benefits of informational interviews? What are some common career options, and how can you explore them?

1. How can you research different career options?

2. What are the benefits of informational interviews?

3. What are some common career options, and how can you explore them?

Activity 9: Career Research and Informational Interviews Worksheet

Complete the following worksheet to learn about career research and informational interviews:

- How can you research different career options? _____
- What are the benefits of informational interviews? _____
- What are some common career options, and how can you explore them?

Conclusion and Next Steps

What have you learned about career options and goal setting? What are your next steps, and how can you achieve your goals?

1. What have you learned about career options and goal setting?

2. What are your next steps, and how can you achieve your goals?

Activity 10: Conclusion and Next Steps Worksheet

Complete the following worksheet to reflect on your learning and plan your next steps:

- What have you learned about career options and goal setting? _____
- What are your next steps, and how can you achieve your goals?

Final Reflection:

We hope this workbook has been helpful in introducing you to career options and goal setting. Remember to stay focused, motivated, and committed to your goals, and don't be afraid to seek help and guidance along the way. Good luck on your career journey!

