



Welcome to Your Career Journey!

As a 17-year-old student, you are at an exciting stage of your educational journey. This workbook is designed to introduce you to the concept of work immersion and career exploration, providing you with the necessary tools and knowledge to navigate your future career paths.

Take a few minutes to reflect on your career aspirations and goals. What do you hope to achieve in your future career? What skills and knowledge do you need to acquire to succeed?

Understanding Work Immersion and Career Exploration

Work immersion refers to the process of gaining practical experience in a specific industry or career, while career exploration involves researching and investigating different career options to determine the best fit for your skills, interests, and values.

Read the following definitions and take notes on the key points:

- Work immersion: The process of gaining practical experience in a specific industry or career.
- Career exploration: The process of researching and investigating different career options to determine the best fit for your skills, interests, and values.

Activity 1: Career Interests Assessment

Take a few minutes to reflect on your career interests and strengths. What are your hobbies? What subjects do you enjoy learning about? What are your strengths and weaknesses?

1. What are my career aspirations?
2. What are my strengths and interests?
3. What are my values and goals?

Activity 2: Career Research

Research different careers and industries that align with your interests and strengths. Use online resources, such as job search websites and career counseling services, to gather information about job responsibilities, salary ranges, and growth opportunities.

Career	Job Responsibilities	Salary Range	Growth Opportunities

Activity 3: Work Immersion Scenario

Imagine you have the opportunity to participate in a work immersion program in your desired field. What would you do? How would you prepare? What skills would you need to acquire?

Write a short essay (approx. 250 words) describing your work immersion scenario and how you would prepare for it.

Activity 4: Career Goal Setting

Set specific, measurable, achievable, relevant, and time-bound (SMART) career goals. Identify the steps you need to take to achieve your goals and create a plan to pursue your career aspirations.

Complete the following template:

- Career Goal: _____
- Steps to Achieve Goal: _____
- Timeline: _____

Activity 5: Career Portfolio Development

Develop a career portfolio to showcase your skills, experience, and achievements. Include examples of your work, such as projects, presentations, or writing samples.

Create a portfolio that includes:

- A cover letter
- A resume
- Examples of your work

[Space for portfolio development]

Conclusion

Congratulations on completing this workbook! You have taken the first step in exploring your career options and developing the skills and knowledge needed to succeed in your chosen career.

Remember to stay focused, motivated, and open to new experiences and opportunities.

Additional Resources

The following resources can help you further explore your career options and develop your skills:

- Career counseling services
- Job search websites
- Industry publications and websites

Glossary

The following terms are used throughout this workbook:

- Career exploration: The process of researching and investigating different career options to determine the best fit for your skills, interests, and values.
- Work immersion: The process of gaining practical experience in a specific industry or career.
- SMART goals: Specific, measurable, achievable, relevant, and time-bound goals.

