

Career Exploration Sheet

Victoria College Career Services



Name: _____

Date: _____

Current Career Interest: _____

Other Careers I Like: _____

STEP 1: GET TO KNOW YOURSELF

What do I enjoy doing in my free time? _____

What do I not enjoy? _____

What am I good at? _____

What am I not so good at? _____

What are my favorite things to learn about? _____

What are my top five values? _____

What motivates me (money, helping people, self-growth, etc.)? _____

How long do I want to be in school? _____

Top 3 things I want in a future career? _____

STEP 2: EXPLORE WHAT IS OUT THERE

Review program options at Victoria College or another institution of interest. Write down any programs that catch your eye.

Take a Career Exploration assessment. To access various career assessments, visit VictoriaCollege.edu > *Graduation & Beyond* > *Career Services* > *Unsure of My Career*. Write down careers that interest you based on your answers to the assessment and questions above.

If you wish to skip the assessment, explore what is out there. Write down careers that interest you and pick your top three. (*Onetonline.org & Careeronestop.org*)

Get to know your career of interest. Fill out the information below for your career.

1. Career name or major:

Average Salary:

Education Needed:

Schools Offering This Program:

Pros: _____

Cons: _____

Rate your level of interest 1 to 10:

STEP 3: CHECK YOUR KNOWLEDGE

- Brainstorm businesses in town to contact about shadowing or volunteering.
- Reach out to professionals working in your field of interest. Ask if you can interview them to learn more about their career pathway.
- Check qualification requirements. Do a job search to see what credentials employers require for jobs you are interested in.
 - *For example, if you are interested in becoming a Biological Field Technician you will search for Field Technician jobs. Review the responsibilities and education requirements found on the job posting to ensure they align with your current pathway.*