# Freshman-Year Career Exploration Worksheet

One student. Three possibilities. One small next step. No career decision required.

Student: _____ School / year: _____

## 1 START WITH CURIOSITY

Before researching careers, start with what you actually enjoy. Hobbies count, too.

Three subjects, activities, or problems I enjoy:

Something I am curious about, even if I have never tried it:

## 2 TRY AN INTEREST EXPLORER (OPTIONAL)

Try the free O*NET Interest Profiler at onetinterestprofiler.org. It suggests fields to explore based on interests. It does not measure ability or predict success.

Interest areas or careers that caught my attention:

One suggestion that surprised me - or one I disagreed with:

## 3 EXPLORE THREE POSSIBILITIES

Choose three careers or fields. Make at least one something you have never considered before.

| CAREER OR FIELD | WHAT INTERESTS ME? | WHAT I WANT TO FIND OUT |
|---|---|---|
| | | |
| | | |
| | | |

Tip: Look up what people actually do, what they study, and what you might enjoy or dislike.

# Turn Curiosity Into One Small Step

Use what you learned on page 1. The goal is to try something - not commit to a career.

## 4 CHOOSE ONE SMALL EXPERIMENT

Pick just one idea. You could attend a club meeting, try a weekend project, research an elective, or talk with someone about their job.

The career or interest I want to explore:

One small experiment I will try:

My first action (something I can actually do):

When I might try it: _____ Who or what could help? _____

## 5 REFLECT AFTERWARD

You can complete this section after your experiment. Changing your mind is useful information.

What did I enjoy? What was harder or less interesting than I expected?

What did I learn about myself? What might I explore next?

## FOR PARENTS: THREE QUESTIONS THAT HELP

Try asking: "What part interested you?" "What surprised you?" "What would you like to try next?"

Listen first. Let your teenager own the answers. Avoid turning an interesting result into a commitment.

REMEMBER: An interest is a clue, not a contract. This worksheet is for exploration, not choosing a college major.