

# Career Exploration Worksheet

This worksheet can assist you in identifying your interests and the things you enjoy doing, and help you begin to think about the type of career you might want to pursue.

Name

Date

List 3 positive words that describe you (examples include friendly, smart, athletic, creative, outgoing).

What are your top 3 interests (think about activities you do in school, interests or hobbies you have at home, and things you enjoy doing in your free time)?

List 2 things you are really good at.

What are your top 3 favorite subjects in school?

Name 2 careers or occupations that you think you might find interesting.

List 3 things you can do over the next 3-4 years to help you decide what career you may want to pursue (examples include researching occupations online, volunteering to work at a place that will help you understand a certain career, taking certain courses in school, meeting with an expert in a certain occupation.)

## Other Activities

After you fill out the worksheet we suggest you do these activities:

- Discuss this worksheet with a parent, a relative, or a friend.
- Look at the website that explains what a “living wage job” is in the Essex County/Haverhill area. As you think about your future it’s important to understand the normal costs associated with having a home, having a car, buying food and the pay provided by different occupations. The website is <http://thehp3.com/index.php/other-tools/living-wage-in-haverhill>
- Visit the website [thehp3.com](http://thehp3.com) for additional information on careers and good jobs in the general Haverhill/Merrimac Valley area.