

Career and Interests Worksheet

Name: _____ Date: _____

Directions: Using websites, such as the Occupation Profile on CareerOne Stop, choose a career that interests you based on your interest inventory results, hobbies you have listed, skills you have, what you want out of career, and/or your personal values. As you research careers, use this form to help you make an in-depth profile of that career to help you determine if it aligns with your future goals and plans. Feel free to use online and print resources, as well as interviews of individuals working in that career.

Career/Job Title

Reasons for Choosing This Career

Job Tasks and Responsibilities

1. What are the main tasks and responsibilities in this career?

2. Describe a typical day on the job.

Skills

Transferable/Soft Skills Needed	Job-Specific Skills Needed

Working Conditions

1. Where does most of the work take place? (i.e. outside, inside, office, school, etc.)

2. What health and safety risks does this job have?

3. What are the typical working hours of this job?

Education and Training

1. What specific courses (high school or post-secondary education) and activities (clubs, extracurricular, volunteering, etc.) could help you to prepare for this career?
2. What post-secondary course of study, training, or degrees are required for this career?
3. Does this degree require credentials? If so, what are the credentials? Do you need additional credentials for career advancement?

Salary and Occupational Outlook

1. What is the salary range for this career?
2. In your state, what yearly pay can you expect in the following career stages:
10% of people: _____ Median: _____ 90% of people: _____
3. What is the projected employment for this career over the next decade in your state?
What percentage of change is there? What is the annual projected job growth/openings?
4. List three potential employers in your state/city/community that hire workers in this career field?

Personal Assessment

1. What aspects of this career seem like a good match for you and why?

2. What aspects of this career do you have reservations about and why?