



Career Exploration Worksheet

1) State your three career choices?

2) Why did you only choose these careers?

3) What are your interests?

4) Will the degree that you are enrolled in will help you to achieve your career options?

5) What are the skills that are required for the career you have chosen?

6) Does your current degree help you to develop those skills?

7) Do you see yourself having a bright future with these career options?

8) What job opportunities do you have?

References

[Jiang, Z., Newman, A., Le, H., Presbitero, A., and Zheng, C. \(2019\). Career exploration: a review and future research agenda. *J. Vocat. Behav.* 110, 338–356.](#)

[Lau, P. L., Chung, Y. B., and Wang, L. \(2021\). Effects of a career exploration intervention on students' career maturity and self-concept. *J. Career Dev.* 48, 311–324.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.