

Name: _____

School: _____

Workplace Visit: Take Our Kids to Work Activity Booklet Career Exploration

You can complete this booklet when you have time during the day. The questions and reflection activities are meant to help you get the most out of your experience.

Career Exploration

Today is all about career exploration. Whether you are at a workplace or participating in career exploration virtually at your school, you will probably have the opportunity to explore more than one job. Use the space below to list the job(s) that you are exploring. You can add to the list as the day goes on.

Job(s) I have explored today:

During the day, you will spend time with your supervisor. Find out what they do in their job. We have provided some questions that you can ask, but you can ask your own questions too. Your supervisor might also take you around and introduce you to other people in the workplace. See what you can find out about *their* jobs too!

👉 Be sure to thank each of the people you talk to today! 👉

You don't have to find answers to all of these questions. Just fill in what you can find out.

Job 1 and Employee Name: _____

What do you do in this job? What is your typical day like?	
What type of education and/or training do you need to get into this line of work?	
Why did you choose this job? What interests you about this work?	

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What personal qualities and characteristics are important to be successful in this work?	
What do you like best about your work? What motivates you?	
Are there things that you don't like about your work?	
What are some workplace hazards in this job, and how do you keep yourself safe and healthy at work?	
Which of the following skills do you think are most important for this job? Why? <ul style="list-style-type: none">• Adaptability• Collaboration• Communication• Creativity and Innovation• Digital Skills• Numeracy• Problem Solving• Reading• Writing	Why?
What are your work hours like? Are they flexible? Do you do shift work? Can you work remotely?	
What did you enjoy about school when you were my age? What were your favorite classes? What type of student were you?	
How would you describe yourself as a teenager? What motivated you? What did you enjoy doing in your spare time?	

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What advice would you give to someone my age who is thinking about a career in this area of work?	
Is there anything else about this job that people should know?	

Job 2 and Employee Name: _____

What do you do in this job? What is your typical day like?	
What type of education and/or training do you need to get into this line of work?	
Why did you choose this job to explore? What interests you about this work?	
What personal qualities and characteristics are important to be successful in this work?	
What do you like best about your work? What motivates you?	
Are there things that you don't like about your work?	

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<p>What are some workplace hazards in this job, and how do you keep yourself safe and healthy at work?</p>	
<p>Which of the following skills do you think are most important for this job? Why?</p> <ul style="list-style-type: none">● Adaptability● Collaboration● Communication● Creativity and Innovation● Digital Skills● Numeracy● Problem Solving● Reading● Writing	<p>Why?</p>
<p>What are your work hours like? Are they flexible? Do you do shift work? Can you work remotely?</p>	
<p>What did you enjoy about school when you were my age? What were your favorite classes? What type of student were you?</p>	
<p>How would you describe yourself as a teenager? What motivated you? What did you enjoy doing in your spare time?</p>	
<p>What advice would you give to someone my age who is thinking about a career in this area of work?</p>	

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<p>Is there anything else about this job that people should know?</p>	
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Job 3 and Employee Name: _____

<p>What do you do in this job? What is your typical day like?</p>	
<p>What type of education and/or training do you need to get into this line of work?</p>	
<p>Why did you choose this job? How did you become interested in this work?</p>	
<p>What personal qualities and characteristics are important to be successful in this work?</p>	
<p>What do you like best about your work? What motivates you?</p>	
<p>Are there things that you don't like about your work?</p>	
<p>What are some workplace hazards in this job, and how do you keep yourself safe and healthy at work?</p>	

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<p>Which of the following skills do you think are most important for this job? Why?</p> <ul style="list-style-type: none">• Adaptability• Collaboration• Communication• Creativity and Innovation• Digital Skills• Numeracy• Problem Solving• Reading• Writing	<p>Why?</p>
<p>What are your work hours like? Are they flexible? Do you do shift work? Can you work remotely?</p>	
<p>What did you enjoy about school when you were my age? What were your favorite classes? What type of student were you?</p>	
<p>How would you describe yourself as a teenager? What motivated you? What did you enjoy doing in your spare time?</p>	
<p>What advice would you give to someone my age who is thinking about a career in this area of work?</p>	
<p>Is there anything else about this job that people should know?</p>	

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End of Day Reflection

In the space below and on the next page, share what you learned about potential career pathway(s) today. You can include what you liked about the jobs you saw, what you found challenging, what you learned about workplace safety, about the education you need to do the work, etc. This is your space to think about your experiences.

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