

Career Planning Worksheet

Helping students explore and plan the right career path



1. Student Information

Name:

Class / Section:

School:

Date:

2. Interests Checklist

Personal Interests — tick everything that sounds like you:

- | | | |
|--|---|--|
| <input type="checkbox"/> Reading & writing | <input type="checkbox"/> Art & design | <input type="checkbox"/> Sports & fitness |
| <input type="checkbox"/> Music & performance | <input type="checkbox"/> Technology & gadgets | <input type="checkbox"/> Nature & animals |
| <input type="checkbox"/> Helping others | <input type="checkbox"/> Building / fixing things | <input type="checkbox"/> Cooking & food |
| <input type="checkbox"/> Travel & new places | <input type="checkbox"/> Gaming | <input type="checkbox"/> Volunteering & community work |

Favorite Subjects — tick your top choices:

- | | |
|---|---|
| <input type="checkbox"/> Mathematics | <input type="checkbox"/> Science |
| <input type="checkbox"/> Social Studies | <input type="checkbox"/> Languages |
| <input type="checkbox"/> Computer Science | <input type="checkbox"/> Art / Design |
| <input type="checkbox"/> Physical Education | <input type="checkbox"/> Commerce / Economics |

3. Skills Assessment (Strengths)

Rate each skill honestly. Circle or mark: **1** = Needs work **2** = Okay **3** = Good **4** = Strength

Skill	1	2	3	4
Communication	1	2	3	4
Problem-solving	1	2	3	4
Creativity	1	2	3	4
Leadership	1	2	3	4

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Skill	1	2	3	4
Teamwork	1	2	3	4
Organization	1	2	3	4
Analytical thinking	1	2	3	4
Patience / persistence	1	2	3	4

4. Career Research Notes

Research 2–3 careers that interest you and note the details below.

Career Option	Why It Interests Me	Education / Path Needed

5. Final Career Choice & Long-Term Goals

My top career choice right now:

Where I want to be in 5–10 years (long-term goals):

6. Action Plan — My Next Steps

This month

This year

Before choosing my stream / course

Before finishing school

7. Parent Signature

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Parent / Guardian Signature

Date

8. Teacher Feedback

Teacher Signature

Date