

Career “idealist” Worksheet

Instructions

- Students: Complete each section honestly, reflecting on what excites you and what you’re good at. Use the career profiles in Table 2 for inspiration and details on each career’s requirements.
- Parents: Review your teen’s answers, offer insights from your own experiences, and discuss how their interests connect to high-demand careers. Encourage exploration without pushing a specific path.
- Together: Work on the final section to set goals and plan next steps, fostering collaboration to prepare for future chapters of high school and beyond.
- Time: About 30–60 minutes to complete, plus ongoing research throughout the semester.

Section 1: Brainstorm Your Interests

Think about what you love doing, the subjects or activities that make you lose track of time, and the skills you enjoy applying. These could come from classes, clubs, hobbies, or volunteering. Write down 3–5 interests or abilities, and consider how they might relate to the careers listed in the book.

Example:

- Interest: I love coding games on my computer. → Possible careers: Game Developer, Software Developer, AI Engineer.
- Skill: I’m great at organizing events for my club. → Possible careers: Project Manager, Education Administrator.

Students’ Turn:

1. Interest/Skill: _____
Possible Careers: _____
2. Interest/Skill: _____
Possible Careers: _____

3. Interest/Skill: _____
Possible Careers: _____
4. Interest/Skill: _____
Possible Careers: _____
5. Interest/Skill: _____
Possible Careers: _____

Tips:

- Look at your current classes (e.g., Computer Science for Cybersecurity Analyst, Psychology for Mental Health Counselor).
- Consider clubs or volunteering (e.g., environmental club for Sustainability Manager, hospital volunteering for Nurse Practitioner).
- Think about hobbies outside school (e.g., building gadgets for a Robotics Engineer, writing for a Content Strategist).

Section 2: Create Your Initial Career “Idealist”

Using your interests and skills from Section 1, browse the high-demand careers from Table 2. List 5–10 careers that excite you, even if you’re not sure yet. Don’t worry about committing—the goal is exploration. For each job, note one reason it interests you.

Example:

- Career: Game Developer
Reason: I love creating video games and want to learn coding to design interactive experiences.
- Career: Environmental Engineer
Reason: I care about the planet and enjoy science projects about renewable energy.

Your Career “idealst”:

1. Career: _____
Reason: _____

2. Career: _____
Reason: _____
3. Career: _____
Reason: _____
4. Career: _____
Reason: _____
5. Career: _____
Reason: _____
6. Career: _____
Reason: _____
7. Career: _____
Reason: _____
8. Career: _____
Reason: _____
9. Career: _____
Reason: _____
10. Career: _____
Reason: _____

Tips:

- Include a mix of careers from different fields, such as tech (AI Engineer), healthcare (Physician Assistant), or creative (Digital Marketer).
- Refer to Chapter 4 for details on education, skills, and job outlook (e.g., Solar Photovoltaic Installer requires a certificate, Physician needs a medical degree).
- If you're stuck, ask a teacher, counselor, or parent for ideas based on your strengths.

Section 3: Research Your Top Picks

Choose 2–3 careers from your list to research further. Talk to teachers or professionals, attend a career fair, or explore online

resources such as O*NET (onetonline.org). For each career, please answer the following questions to understand what it involves and how it fits you.

Career 1: _____

- What skills are required (e.g., coding for Blockchain Developer, empathy for Occupational Therapist)?

- What education or training is needed (e.g., bachelor's for Data Scientist, certificate for Wind Turbine Technician)?

- What's one high school activity or course that could prepare you (e.g., AP Computer Science for Cloud Engineer, volunteering for Sustainability Manager)?

- What excites you about this career?

Career 2: _____

- What skills are required? _____
- What education or training is needed?

- What's one high school activity or course that could prepare you? _____
- What excites you about this career?

Career 3 (Optional): _____

- What skills are required? _____
- What education or training is needed?

- What's one high school activity or course that could prepare you? _____
- What excites you about this career?

Tips:

- Talk to a teacher in a related subject (e.g., science for Environmental Engineer, English for Content Strategist).
- Check if your school offers related clubs (e.g., robotics for Robotics Engineer, DECA for Financial Manager).
- Parents—share a story from your career or network to help your teen learn about a job, such as a Construction Manager or a Telehealth Specialist.

Section 4: Refine Your Career “idealist”

Review your research and think about which careers seem like the best fit. Cross out any that no longer excite you or seem unrealistic based on your skills, interests, or academic goals. Aim to keep 5–7 careers on your updated list, but it's okay to revise it later. Write down your new list and one action step for each to explore further during your sophomore year.

Example:

- Career: Game Developer
Action Step: Join the coding club to learn Python and build a simple game.
- Career: Sustainability Manager
Action Step: Volunteer at a community garden to learn about environmental initiatives.

Your Refined Career “idealist”:

1. Career: _____
Action Step: _____
2. Career: _____
Action Step: _____
3. Career: _____
Action Step: _____
4. Career: _____
Action Step: _____
5. Career: _____
Action Step: _____

Tips:

- Action steps can include joining a club (e.g., science club for chemists), taking an elective (e.g., Psychology for Industrial Psychologists), or shadowing a professional (e.g., an Attorney).
- Consider AI-driven careers such as AI Ethics Specialist or Machine Learning Specialist, which may involve coding or ethics courses.
- Parents— suggest one action step, such as attending a career fair for a Market Research Analyst, to support exploration.

Section 5: Parent-Teen Discussion

Sit down together to review the worksheet and discuss your findings. This collaboration helps bridge the perspective gap, ensuring your career ideas align with your strengths and practical goals. Answer these questions together to set goals for the rest of your sophomore year.

1. Student: Which career on your refined list excites you the most (e.g., Robotics Engineer, Physician Assistant), and why?

2. Parent: What strengths do you see in your teen that match their top career choices (e.g., problem-solving for Data Scientist,

empathy for Mental Health Counselor)?

3. Together: What's one high school activity, course, or opportunity (e.g., coding club for Software Developer, volunteering for Renewable Energy Consultant) you can pursue this year to explore these careers?

4. Together: How can you support each other to achieve these goals (e.g., parents attending a club showcase, students researching college programs)?

Tips:

- Be open and honest— students, share your passions; Parents—listen without judgment.
- Use career profiles to discuss job outlook and requirements, especially for AI-driven roles such as Cybersecurity Analyst.
- Set a follow-up date to revisit the list and adjust as needed.

Next Steps

- Revisit your career “idealist” monthly to add or remove careers as you learn more.
- Use the action steps from Section 4 to guide your sophomore year activities, such as joining a club or taking an elective.
- Share your list with a teacher or counselor for feedback on courses or opportunities that align with careers such as Construction Manager or Creative Director.
- Parents— check in regularly to celebrate progress, such as completing a research task or joining a new club, to keep your teen motivated.

This worksheet is your starting point for exploring an exciting and achievable future. As you progress through high school, your “idealist” will develop, helping you find a path that aligns with your

strengths and the needs of the job market. Keep exploring, and let's make sophomore year a step toward your dreams!

Career Exploration Worksheets

Career exploration worksheets help you identify and refine your career interests while connecting them to high-demand careers. They build on exploration strategies from Chapters 2–4 and 7.

Purpose: These worksheets help you explore careers such as Software Developer, Content Strategist, or Wind Turbine Technician by matching interests, researching options, and planning steps. They promote self-discovery (Chapter 5) and help narrow your career “idealist” (Chapter 2).

Career Exploration Worksheet

Name: _____

Date: _____ Grade: _____

Instructions: Complete this worksheet each year from freshman to senior (Chapter 14) to refine your career interests as a “career idealist.” Use resources such as O*NET, the BLS, or informational interviews for research. Discuss your results with parents to ensure family support.

1. List Your Interests: Begin with your career “idealist”. Write down 3–5 interests (e.g., coding for an AI Engineer, helping others for a Mental Health Counselor, hands-on work for a Construction Manager). Example: “I love solving problems, working with tech, and sustainability.” Your Interests:

1. _____
2. _____
3. _____
4. _____
5. _____

2. Match to Careers: Choose 3–5 careers from the book that match your interests (for example, Data Scientist, Sustainability Manager, Robotics Engineer). Example: “Data Scientist (problem-solving), Renewable Energy Consultant (sustainability).” Your Matched Careers:

1. _____ (_____)

2. _____ (_____)
3. _____ (_____)
4. _____ (_____)
5. _____ (_____)

3. Research One Career: Choose one career from above. Use O*NET or BLS to research:

- Education requirements (e.g., bachelor's for Physician Assistant, certification for Solar Photovoltaic Installer)
- Median salary (BLS data)
- Key skills needed (Chapter 2)

Example: "Data Scientist: Bachelor's, \$80,000, coding, critical thinking." Career Chosen:

- Education: _____
- Salary: _____
- Skills: _____

4. Research Sources Used: O*NET BLS Informational Interview Other: _____

5. Action Steps:

List one specific step you will take this year to explore this career (e.g., join a robotics club for a robotics engineer, volunteer for a Health Services Manager).

6. Resources Needed: _____

7. Timeline: _____

8. How I'll Track Progress: _____

9. Parent/Guardian Discussion Notes (What did you learn? How can family support your exploration?):

6. Next Review Date: _____

Keep this worksheet in your career portfolio and update it annually!

Strengths and Skills Inventory Worksheet

A Strengths and Skills Inventory worksheet helps you identify your unique abilities and align them with careers, building on self-awareness from Chapter 5 and skills from Chapter 6.

Purpose: This inventory links your strengths (such as Holland Codes) and skills (like leadership and empathy) to careers such as Creative Director, Nurse Practitioner, or Electric Vehicle Technician. It builds confidence (Chapter 13) and prepares you for AI-driven roles (Chapter 11).

Name: _____

Date: _____ Grade: _____

Complete this annually to track growth. Use Chapter 5's Holland Code results and Chapter 6's skill-building activities. Discuss with parents to identify support (Chapter 12).

1. Holland Code: Write down your top two or three Holland Codes from Chapter 5 (e.g., Investigative for Data Scientist, Social for Mental Health Counselor). Example: "Investigative, Artistic." My Holland Codes:

I. _____

II. _____

III. _____

2. Top Strengths: List three personal strengths (e.g., problem-solving for Environmental Engineer, creativity for Content Strategist). Example: "Problem-solving, communication, adaptability." My strengths:

I. _____

II. _____

III. _____

3. Key Skills: Identify three skills you've gained from activities, classes, or experiences (e.g., coding from robotics club for Software Developer, empathy from volunteering for Physician Assistant). Example: "Coding, leadership, teamwork." My Key Skills:

I. _____
(from: _____)

II. _____
(from: _____)

III. _____
(from: _____)

4. Career Alignment: Match your strengths and skills to 2–3 careers from the book (e.g., Robotics Engineer for problem-solving, Digital Marketer for creativity). Example: "Data Scientist (coding, problem-solving), Creative Director (creativity)." Aligned Careers:

I. _____ (matches: _____)

II. _____ (matches: _____)

III. _____ (matches: _____)

5. Development Plan: Choose one skill from Section 3 to strengthen. List a specific action to develop it (e.g., online course for Web Developer, volunteer for Health Services Manager).

Skill to Strengthen: _____

My Action Plan: _____

6. Resources Needed: _____

7. Timeline: _____

8. How I'll Track Progress: _____

9. Parent/Guardian Discussion Notes (What did you learn?
How can family support your exploration?): _____

10. Next Review Date: _____

Keep this worksheet in your career portfolio and update it annually!

Scholarship and College Prep Trackers

Tracking scholarships and college preparation ensures financial and academic readiness for paths such as college for a Physician or trade school for Solar Photovoltaic Installer (Chapters 8–9).

Purpose: These trackers organize applications, deadlines, and requirements, reducing stress and supporting financial planning (Chapter 12). They help with college-bound careers, such as Nurse Practitioner, or trade paths, such as Construction Manager.

Scholarship Tracker Worksheet

Instructions: Use this to track scholarships for college (Chapter 8) or trade programs (Chapter 9). Start in junior year (Chapter 14). Share with parents for support.

Scholarship Name	Amount	Dead-line	Requirements	Status	Notes
Example: STEM Award	\$5,000	3/1/2026	3.0 GPA, essay	Applied	For a Data Scientist

1. **Identify Scholarships:** List 3–5 scholarships (e.g., healthcare for a **Physician Assistant**, trade for **HVAC Technician**) using Fastweb or Scholarships.com.
2. **Track Requirements:** Note GPA, essays, or activities (e.g., volunteering for **Health Services Manager**).
3. **Action Steps:** Apply for one scholarship and track progress (e.g., submitted, awarded).

4. **Parent Discussion:** Share one application plan with parents for feedback.

College/Trade Prep Tracker Worksheet

Purpose: Use this worksheet to organize and track college or trade school applications for your chosen career path, such as Data Scientist, Nurse Practitioner, Solar Photovoltaic Installer, or Digital Marketer. Start in your junior year and continue through senior year (Chapter 14) to ensure you meet deadlines and requirements. Please share it with your parents for accountability and support (Chapter 12), but take ownership of your applications (Chapter 13). Update it regularly to stay on track for the 2025 job market.

Instructions:

- List 3–5 colleges, universities, or trade programs that match your career goals (e.g., a university for a Physician Assistant, a trade school for a Wind Turbine Technician).
- Note application deadlines, requirements (such as GPA, SAT/ACT, essays, portfolios), and status (e.g., Not Started, In Progress, Submitted, Accepted).
- Include notes for specific career alignment or additional steps (e.g., prerequisite courses for Environmental Engineer, certifications for Electric Vehicle Technician).
- Review with parents to discuss financial planning (like FAFSA, scholarships) or application strategies, ensuring collaboration while maintaining independence.
- Use resources such as the College Scorecard (collegescorecard.ed.gov) or Apprenticeship.gov to research programs.

School/Program	Application Deadline	Requirements (GPA, Tests, Essays, etc.)	Status	Notes

School/Program	Application Deadline	Requirements (GPA, Tests, Essays, etc.)	Status	Notes

Example (for reference, do not include in your worksheet):

School/Program	Application Deadline	Requirements (GPA, Tests, Essays, etc.)	Status	Notes
Community College	12/1/2025	3.0 GPA, SAT, 1 essay	Submitted	For a Digital Marketer , transfer to university after 2 years
Trade School – Solar Tech	2/15/2026	2.5 GPA, entrance exam	In Progress	For Solar Photovoltaic

School/ Program	Application Deadline	Requirements (GPA, Tests, Essays, etc.)	Status	Notes
				aic Installer, includes NABCEP prep

 **Action Step:** Complete one row in the Scholarship or College/Trade Prep Tracker for a career (e.g., Physician, Construction Manager). Apply for one scholarship or finish one application task. Parents— review one tracker row and share one planning tip without taking over.

Gina's Organized Prep: Gina, a senior with a 3.2 GPA, aimed to become an Occupational Therapist. She applied for three healthcare scholarships using the Scholarship Tracker, securing \$4,000. Her College Prep Tracker organized applications for a community college-to-university pathway, saving \$20,000. Her parents reviewed deadlines but let her take the lead. Gina's trackers ensured she met all requirements, setting her on course for a high-demand career.

Links to Online Resources

Online resources offer accessible tools to explore careers, build skills, and plan financially, supporting paths such as AI Ethics Specialist or Content Strategist.

Key Resources:

- O*NET Online (onetonline.org): Research career details such as skills for Data Scientist and salaries for Mental Health Counselor.

5. **Include Skill-Building:** Focus on AI-resistant skills (Chapter 11) such as creativity for the Creative Director, leadership for the Health Services Manager, and lifelong learning for an AI Ethics Specialist.
6. **Parent Collaboration:** Share your plan with Parents—discuss one goal (e.g., internship for Cybersecurity Analyst) and one support need (e.g., reviewing applications).
 **Action Step:** Complete the 4-Year Plan Worksheet by setting one career goal for each year (e.g., Data Scientist, Sustainability Manager). Please share it with parents and agree on one support action (e.g., discussing scholarships for a Physician).

Jesus' Cohesive Plan: Jesus, a senior with a 3.9 GPA, aimed to become a Data Scientist. His four-year plan began in freshman year with involvement in the robotics club and algebra, aligning with his Investigative Holland Code. In his sophomore year, he took AP Computer Science and shadowed a data scientist. During his junior year, he led a tech project and applied for STEM scholarships. In his senior year, he finalized college applications and completed a Coursera AI course. His parents reviewed his plan, suggesting mentorship, but allowed him to lead. Jesus' roadmap earned him a tech scholarship and internship, launching his career.

Personalized 4-Year Plan Worksheet

Instructions:

- Review your Strengths and Skills Inventory (Chapter 15) to identify your Holland Code (e.g., Investigative, Social) and top skills (e.g., coding, empathy).
- Select 1–2 careers from your list (Chapters 2, 15), such as Data Scientist or Construction Manager, based on research (O*NET, BLS) and exploration (Chapter 7).
- For each high school year, set academic, extracurricular, and personal development goals, using Chapter 14's

checklists as a guide. Include specific actions (e.g., joining a club, applying for scholarships) and career alignments (e.g., prerequisites for Physician Assistant, certifications for Solar Photovoltaic Installer).

- Incorporate financial planning (Chapter 12) using the Scholarship and College Prep Trackers (Chapter 15) to manage costs.
- Discuss your plan with parents—agree on one support action (e.g., reviewing applications, suggesting a mentorship) to ensure collaboration without losing independence.
- Update annually to reflect new interests, skills, or career insights.

Year	Academic Goals	Extra-curricular Goals	Personal Development Goals	Career Path & Actions
Freshman				
Sophomore				
Junior				
Senior				

Example (for reference, do not include in your worksheet):

Year	Academic Goals	Extra-curricular Goals	Personal Development Goals	Career Path & Actions
Freshman	3.0 GPA, take algebra for Actuary	Join the robotics club for a	Build time management for a	Explore AI Engineer

Year	Academic Goals	Extra-curricular Goals	Personal Development Goals	Career Path & Actions
		Data Scientist	Software Developer	via O*NET
Sophomore	3.2 GPA, AP Computer Science for Cloud Engineer	Lead club project for the Project Manager	Practice confidence for a Sales Representative	Shadow for Game Developer
Junior	3.5 GPA, AP Biology for Physician Assistant	Internship for Construction Manager	Build resilience for Mental Health Counselors	Apply for scholarships for Nurse Practitioners
Senior	3.5 GPA, completed calculus for Financial Analyst	Network for Content Strategist	Lifelong learning for Robotics Engineer	Apply to college for an Environmental Engineer

 **Action Steps:**

1. Identify 1–2 careers (e.g., Digital Marketer, Sustainability Manager) and list them under Career Path & Actions.
2. Fill in at least one goal per column for each year that aligns with your chosen career (e.g., AP courses for Physician, volunteering for Health Services Manager).

Student Success Metrics Worksheet

Purpose: Use this worksheet to track and reflect on key academic and career preparation metrics (such as GPA, test scores, and extracurricular involvement) to ensure you're on track for your chosen career, whether it's Data Scientist, Nurse Practitioner, or Wind Turbine Technician. This tool aligns with your Personalized 4-Year Plan (Chapter 16) and College/Trade Prep Tracker (Chapter 15), helping you monitor progress and set goals for college, trade school, or entrepreneurship (Chapters 8–10). Please share it with your parents for collaborative support (Chapter 12) while taking ownership of your journey (Chapter 13). Use recent statistics to understand benchmarks and stay motivated for the 2025 AI-driven job market (Chapter 11).

Why It Matters: Tracking metrics such as GPA, test scores, and extracurricular hours helps you stay competitive for high-demand careers. For example:

- **Graduation Rates:** In 2019–20, high school graduation rates were 90% in rural areas, 89% in suburbs, 87% in towns, and 82% in cities, with rural students outperforming others (NCES, 2019–20).
- **College Completion:** For students starting college in 2016, 4-year completion rates were about 20% for part-time students and higher for full-time students, with 54.2% of part-time starters not completing by year six (National Student Clearinghouse, 2023).
- **Academic Performance:** In 2024, 39% of 4th graders and 28% of 8th graders scored at or above NAEP Proficient in math, with lower performance in rural areas compared to suburbs (NCES, 2024).
- **Postsecondary Outcomes:** In October 2024, 41.2% of recent high school graduates enrolled in college were in the labor force, compared to 66.4% of those not enrolled, showing the value of balancing education and work experience (BLS, 2024).

Instructions:

- **Set Baseline Metrics:** Record your current GPA, test scores (e.g., SAT/ACT, AP exams), attendance rate, and extracurricular hours (e.g., clubs, internships, volunteering) for careers such as Robotics Engineer or Health Services Manager.
- **Set Goals:** Based on your career path (e.g., college for Physician Assistant, trade school for Solar Photovoltaic Installer), set target metrics for each year, using Chapter 14's checklists and O*NET/BLS data (Chapter 15).
- **Track Progress:** Update metrics each semester, noting improvements or challenges (e.g., raising GPA for Financial Analyst, increasing volunteer hours for Mental Health Counselor).
- **Reflect and Adjust:** Use reflection questions to assess progress and align with your Strengths and Skills Inventory (Chapter 15). Discuss with parents to plan support (e.g., tutoring for Software Developer, financial planning for Digital Marketer).
- **Compare to Benchmarks:** Use the provided statistics to gauge your standing (e.g., aim for a GPA above 3.0 for Data Scientist, consistent with high-performing students).

Year	GPA (Target/Actual)	Test Scores (Target/Actual)	Attendance Rate (Target/Actual)	Extra-curricular Hours (Target/Actual)	Notes & Career Alignment
Freshman					
Sophomore					
Junior					
Senior					

Example (for reference, do not include in your worksheet):

Year	GPA (Target/Actual)	Test Scores (Target/Actual)	Attendance Rate (Target/Actual)	Extra-curricular Hours (Target/Actual)	Notes & Career Alignment
Freshman	3.0/3.1	N/A	95%/97%	50/60 (robotics club)	Robotics club for Robotics Engineers
Sophomore	3.2/3.3	1200 SAT/1250	95%/96%	100/120 (internship)	Internship for a Data Scientist
Junior	3.5/3.4	1300 SAT/1280	95%/94%	150/160 (HOSA)	HOSA for Nurse Practitioner
Senior	3.5/3.5	3 Bio/3 AP	95%/95%	200/210 (volunteering)	Volunteering for a Mental Health Counselor

 **Action Steps:**

- 1. Baseline Your Metrics:** Record your current GPA, test scores, attendance, and extracurricular hours (e.g., coding club for Cloud Engineer, volunteering for Education Administrator). Use school records or meet with a counselor.
- 2. Set Career-Aligned Goals:** Research the requirements for your career (e.g., 3.5 GPA for Physician, 100 volunteer hours for Health Services Manager) using O*NET or school websites (Chapter 15).
- 3. Track and Update:** Update metrics each semester, noting progress (e.g., raised GPA for Actuary) or

- **Stay Resilient:** If metrics fall short (e.g., low test scores for the Project Manager), seek support such as tutoring or mentorship (Chapter 13) to improve.
- **Align with Careers:** Tailor metrics to your path, such as a high GPA for a Physician Assistant or technical certifications for an Electric Vehicle Technician (Chapters 8–9).
- **Celebrate Progress:** Acknowledge milestones like boosting your GPA for Health Informatics Specialist or finishing an internship for Digital Marketer to boost confidence (Chapter 13).

Career Alignment Checklist

Purpose: Use this checklist to align your academic, extracurricular, and personal development goals with the specific requirements of your chosen career from the 56 high-demand careers in this book, such as Data Scientist, Nurse Practitioner, or Wind Turbine Technician. This tool complements the Student Success Metrics Worksheet (Chapter 15) and Personalized 4-Year Plan Worksheet (Chapter 16), helping you ensure your progress meets career benchmarks for college, trade school, or entrepreneurship (Chapters 8–10). Please share it with your parents for collaborative support (Chapter 12) while taking ownership of your journey (Chapter 13) to prepare for the 2025 AI-driven job market (Chapter 11).

Why It Matters: Aligning your metrics (e.g., GPA, test scores, skills) with career requirements ensures you're on track for success. For example:

- **Academic Requirements:** Careers such as Physician Assistant require a 3.5+ GPA and science prerequisites, while Solar Photovoltaic Installer requires a 2.5 GPA and technical certifications (BLS, O*NET).
- **Extracurricular Involvement:** Roles such as Project Manager value leadership in clubs (e.g., 100+ hours), while Mental Health Counselor benefits from 50+ volunteer hours in healthcare (Chapter 7).

Career	Requirement Type	Specific Requirement	Current Status (Met/In Progress/Not Met)	Action to Meet Requirement	Notes
	Extra-curricular	100 hours in robotics club	Met (120 hours)	Continue leadership role	Builds skills for Robotics Engineer (Chapter 6)
	Skills	Python coding proficiency	In Progress	Take Codecademy Python course	Needed for AI-driven roles (Chapter 11)
Nurse Practitioner	Academic	3.5 GPA, AP Biology	Not Met (3.2 GPA)	Study group for biology	Prepares for college (Chapter 8)
	Extra-curricular	50 volunteer hours in healthcare	Met (60 hours)	Continue volunteering	Aligns with Social Holland Code (Chapter 5)
	Skills	Empathy, communication	In Progress	Join HOSA	Key for healthcare roles

Career	Requirement Type	Specific Requirement	Current Status (Met/In Progress/Not Met)	Action to Meet Requirement	Notes
				for practice	(Chapter 6)

 **Action Steps:**

1. **Choose Careers:** Choose 1–2 careers, such as Cloud Engineer or Construction Manager, from your career idea list in Chapter 2.
2. **Research Requirements:** Use O*NET, BLS, or school websites to list specific requirements (e.g., 3.0 GPA for Digital Marketer, certification for Solar Photovoltaic Installer).
3. **Assess Metrics:** Compare your Student Success Metrics Worksheet data (e.g., GPA, extracurricular hours) to requirements, marking the status as “Met,” “In Progress,” or “Not Met.”
4. **Plan to Close Gaps:** Identify one action for each unmet requirement (e.g., internship for Cybersecurity Analyst, course for UX/UI Designer).
5. **Collaborate with Parents:** Share your checklist, highlighting one gap (for example, test scores for Physician Assistant) and one support action (such as funding a test prep course for Attorney).

Reflection Questions:

- Which career requirement (e.g., GPA for a Financial Analyst, skills for a Health Informatics Specialist) is closest to being met, and how does this motivate you?
- What’s one gap (e.g., volunteer hours for a Mental Health Counselor, technical skills for a Wind Turbine Technician) you will prioritize, and why?