

Skills & Wills Career Exploration Packet

This packet is designed to help you explore careers that align with your unique strengths and motivations. Through guided research and reflection, you'll connect your personal skills and interests with real-world opportunities.

Worksheet 1: Career Snapshot

Career Title: _____

Key Responsibilities:

-
-
-

Required Skills / Qualifications:

-
-
-

Education or Training Path: _____

Median Salary: _____

Job Outlook: _____

Why I Chose This Career to Explore:

What Surprised Me:

How Do My Skills & Wills Align With This Career?

My Top 3 Career Matches

Career #1

Career Name: _____

What I Like About This Career:

What I'm Unsure About:

Skills I Already Have:

Skills I'd Need to Build:

Would I Enjoy Doing This Every Day? Why or Why Not?

Career #2

Career Name: _____

What I Like About This Career:

What I'm Unsure About:

Skills I Already Have:

Skills I'd Need to Build:

Would I Enjoy Doing This Every Day? Why or Why Not?

Career #3

Career Name: _____

What I Like About This Career:

What I'm Unsure About:

Skills I Already Have:

Skills I'd Need to Build:

Would I Enjoy Doing This Every Day? Why or Why Not?

Pathway Planning

Career I'm Most Interested In: _____

What Can I Do This Year to Explore It Further?

-
-

What Classes, Clubs, or Activities Might Help Me?

-
-

People or Mentors I Could Learn From:

-
-

◆ SMARTER Goals + The 5 W's & How

SMARTER Element	5W/How Alignment	Prompt / Question
S – Specific	Why	Why does this goal matter to me? What's the deeper purpose?
M – Measurable	What	What exactly am I trying to achieve? How will I know when it's done?
A – Achievable	How	How will I accomplish this? What steps or tools will I need?
R – Relevant	How	How does this goal fit into my life, values, or future?
T – Time-Bound	When	When will I start? When will I finish? What's my timeline?
E – Evaluate	<i>(Ongoing)</i>	How will I check my progress and reflect along the way?
R – Revise	<i>(Flexible)</i>	What will I change if my first plan doesn't work? How will I adapt?