

Explore Careers Checklist

The activities below are ways to explore careers. Try some of all of the activities to help create your ultimate career goal.

- ___ Take an interest assessment. Try the [MnCareers Interest Assessment](#).
- ___ Take a skills assessment. Try the [ISEEK Skills Assessment](#).
- ___ Use a career information system to read about specific careers. [Explore careers on ISEEK](#).
- ___ Discover which [career pathways match your goals](#).
- ___ Gather details about careers that interest you. Collect details like average wage, training and skills required, expected employment demand in your area, and typical job duties.
- ___ Read books or [watch videos](#) about careers or goal setting.
- ___ Interview someone in a career of interest to you. [Learn about informational interviews](#).
- ___ Attend a job fair or career day. [Find a job or career fair near you](#).
- ___ Ask a college admissions representative for advice on what it takes to get into their program.
- ___ Talk to [military recruiters](#).
- ___ Talk about your career plans with your family, a mentor, or someone in your community. [Learn about networking](#).
- ___ Go on a job shadow, a work site visit, or other work-based learning opportunity. [Learn about work-based learning](#).
- ___ Discuss your career plans with a school adviser or career counselor. [Find help on campus](#). Or, talk with a WorkForce Center career counselor about career opportunities in your region. [Find your local WorkForce Center](#).
- ___ Prepare a resume. [Learn about resumes](#).

Source: [iSeek Solutions](#)