

Career Interest Exploration Survey Template

All questions are optional. Follow each question's directions.
Write your answers to the open questions in the space provided.

1. Which work activities sound most interesting to explore right now?

- ☐ Building or repairing
- ☐ Investigating or solving
- ☐ Designing or creating
- ☐ Teaching or helping
- ☐ Persuading or leading
- ☐ Organizing information or processes
- ☐ I am not sure yet

2. Which recent experience most influenced an interest you want to explore?

- ☐ Class or course
- ☐ Project
- ☐ Paid work
- ☐ Volunteering
- ☐ Hobby or personal project
- ☐ Conversation with someone in a field
- ☐ No single experience

3. Which work setting would you most like to explore?

- ☐ Office or business setting
- ☐ Outdoors or field setting
- ☐ Laboratory or technical setting
- ☐ Studio or creative setting
- ☐ School or learning setting
- ☐ Community or care setting
- ☐ Remote or hybrid setting

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4. What subject or skill would you most like to use more often?

5. Which outcome matters most in your next exploration step?

- ☐ Learning new skills
- ☐ Helping people or communities
- ☐ Creating something original
- ☐ Solving difficult problems
- ☐ Stability and clear structure
- ☐ Independence and flexibility
- ☐ Leading or influencing

6. What could make the next exploration step difficult?

- ☐ Not enough information
- ☐ Cost
- ☐ Time
- ☐ Travel or location
- ☐ Accessibility or accommodation
- ☐ Confidence or uncertainty
- ☐ No major barrier

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7. Which next step would be most useful?

- ☐ Job shadow
- ☐ Informational interview
- ☐ Short course
- ☐ Volunteer experience
- ☐ Small project
- ☐ Internship or work trial
- ☐ Career adviser conversation