

Republic of the Philippines
Department of Science and Technology
PHILIPPINE SCIENCE HIGH SCHOOL-BICOL REGION CAMPUS
Tagongtong, Goa, Camarines Sur

GUIDANCE OFFICE

NAME: _____ Date submitted: _____

As you will enter the last phase in high school, complete this Career Exploration Checklist this summer, and submit it during the first day of classes. You can choose one or more activities to accomplish. It is hoped that these activities will aid you explore the world of work, and eventually help you decide for a course in college.

Together with this checklist, submit a one-paged written report regarding your experience in completing the activity/ies and do not forget to include relevant information regarding your choice of course.

CAREER EXPLORATION CHECKLIST

ACTIVITIES	DONE
1. Read at least one description of your 'preferred job'.	_____
2. See a film or filmstrip describing the job. Listen to a tape of a job interview with a person who works at the job...	_____
3. Go on a tour or visit to see people who are in training for the job...	_____
4. Talk with at least two people who are in training for the job...	_____
5. Talk with at least two people who are doing the job...	_____
6. Talk with someone who employs people to do the jobs...	_____
7. Try out, through a hobby or club, an activity related to your job preference...	_____
8. Others, Specify _____ _____ _____	_____ _____ _____

TRAVEL TIPS: If you have questions such as these in mind ahead of time, you'll get more out of the interviews...

- * What do they most like with the job?
- * What do they dislike most about the job?
- * How do they prepare for the job?
- * Do they consider the training they had to be adequate for the job?
- * How much do they earn?
- * What is a typical day like?
- * What do they see in the future for a job like theirs?
- * What special skills are required for the job?