



Explore Careers: Student Guide

Discover Your Dream Job and How to Get There!

Use Your Power





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Pages 1–10 help you learn about using the Career Girls website.

Pages 11–16 are printable activity pages. You can choose pages to complete for careers you explore.

Pages 17–19 are printable certificates to recognize your **Career Girls** success!



Helping you accomplish your dreams

What Is Career Girls?

Think back to when you were a young child. What did you want to be when you grew up? Superhero? Scientist? Pilot? President?

How about now? Do you dream of being an astronaut? How about a social media director or a surgeon? Maybe you wonder what it would be like to be a computer scientist, a conductor, or a car designer. And what does an ichthyologist (IK-thee-ol-uh-jist) do anyway? (Hint: If you like fish, this could be a great career for you!)

It's not easy to decide what to do with your future. And you don't have to have all the answers right now. But it can be fun to explore your interests and passions and learn how those can lead to careers. In fact, you might be surprised to find out that you can get paid to do something you love!

If you're thinking about a specific career, or just wondering what might be out there for you, CareerGirls.org is the place to be! Career Girls lets you explore hundreds of careers to find out what different jobs are like and how you can get ready for them. You can explore careers that match your interests. You can also discover careers you never even knew existed. Who knows? One of them just might be your dream job!

Ready to get started?

Great! Let's go!

The Team at Career Girls

Explore Careers

Career Girls can help you explore careers and discover possibilities for your future. Whatever career you're dreaming about, Career Girls can help you learn how to get there.

Getting to Know the Career Girls Website

Career Girls has a library of 7,000+ videos that make it easy to explore almost any career you can imagine. You can follow different paths on the website to select videos:

1. Search by career.

Go to the Home page. Use the drop-down menu to search careers. You can also search careers here by clicking on **Most Recent Videos**, **Featured Videos**, and **Popular Videos**. Or, click on **See All Role Models** to see all of the careers.



Watch [Alicia Smith](#), Game Operations Manager for the Golden State Warriors NBA, team share how she creates an amazing fan experience for home games at Oracle Arena in Oakland, California.

2. Search by keyword.

Go to the Home page. Click on **Search: 7000+ Videos**. Type in keywords to search careers and role models in 10 categories.

Watch [Jennifer B. Price](#), Aerospace Engineer and First Line Manager of NASA Johnson Space Center's Advance Planning Group, discuss how she develops flight plans for astronauts.



3. Search by interest.

Click on **Explore Careers**. Check the boxes that match your interests. Career Girls will organize matching careers and videos for you.



Watch [Laura Karlin](#), founder and artistic director of Invertigo Dance Theatre in Los Angeles, share how she uses dance to tell stories.

Viewing Videos

Each video lasts about a minute—making it easy for you to explore all kinds of careers.

1. Select a video to watch.

Take notes to remember important points. Ask yourself questions to learn more:

- *When I picture myself in this career, what do I see?*
- *Which interests do I have that are a good match for this career?*
- *Which skills and abilities do I have that are useful in this career?*
- *What is most interesting or surprising to me about this career?*
- *What challenges might I find in this career?*
- *Which subjects am I studying now that relate to this career?*

2. Learn more about the career.

This diagram shows how you can learn more about the careers you are exploring.

Learn how an early interest in cellphones inspired [Deepa Sampathu](#) to pursue a career in engineering.

The screenshot shows the Career Girls website interface. At the top left, it says 'Explore Careers' and 'career girls'. The main heading is 'Applications Engineer'. Below this is a video player showing a woman speaking. To the right of the video is a text description of the role. Below the video player are four tabs: 'My Career', 'My Education', 'My Story', and 'My Advice'. At the bottom left of the video player area is a link that says 'All my videos ↓'. To the right of the video player is a button that says 'How do I do this?'. The page also has a sidebar on the right with links for 'Explore Careers', 'Role Models', 'College Majors', 'Activities', and 'Resources'.

What is this job like? What does it pay? Click on **How do I do this?** for answers to these and other questions.

Click on **All my videos** to learn about a role model's favorite school subjects, accomplishments, tips for overcoming challenges, goals, heroes, and more.


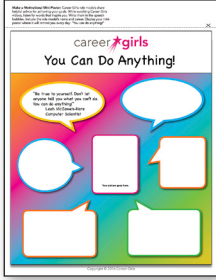
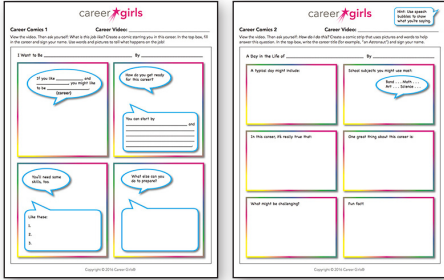
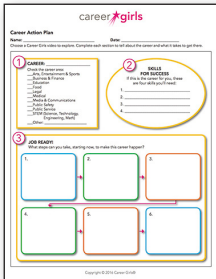
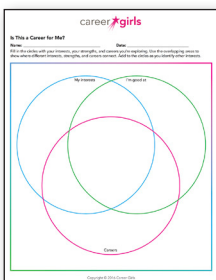
Click on **My Career, My Education, My Story,** and **My Advice** for helpful tips and fun facts about each career.

Organization Tip!

If you have an extra binder, use it to keep your Career Girls materials organized. This will make it easy to look back at the careers you're exploring to see which seem most interesting to you.

3. **Choose Activity Pages to complete.**
 This guide includes six printable activity pages that you can use as you explore careers. See the chart, below, to learn more.

Printable Activity Pages

	<p>Career Journal (Page 11) This chart helps you keep track of careers you explore. (Print multiple copies of this page.)</p>
	<p>Motivational Mini-Poster (Page 12) Use what you learn in the videos to create a mini-poster that will inspire you to dream big and achieve your goals.</p>
	<p>Career Comics 1 & 2 (Pages 13–14) Use your imagination to create comics that explore questions about careers: <i>How do I do this? What is this job like?</i> Your comics can be funny, silly, clever, serious, or any combination. (Print multiple copies to create comics for more than one career.)</p>
	<p>Career Action Plan (Page 15) Use this page to explore what it takes to prepare for a career. (Print multiple copies to explore more than one career.)</p>
	<p>Is This a Career for Me? (Page 16) This graphic organizer helps you connect your interests and abilities with careers you're exploring.</p>

4. Earn certificates.

This guide includes three printable Career Girls Certificates. Complete the required lessons for each certificate. Display your certificates as a reminder to dream big about your future! Share your certificates with someone who helped you along the way.

Printable Career Girls Certificates

career **girls**

Positively Empowered! Certificate of Completion

Awarded to _____ (name) on _____ (date)
for exploring 10 Career Girls Empowerment topics. Congratulations!

"Be exactly who you are. Know that who you are is awesome!"
— Jamila Glass
Dancer and Filmmaker

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Positively Empowered! Certificate (Page 17)

Complete 10 Empowerment Lessons to earn this certificate. Learn more about Empowerment Lessons on pages 8–9.

career **girls**

Career Connections Certificate of Excellence

Awarded to _____ (name) on _____ (date)
for exploring 10 careers. Congratulations!

Color a star for each career area you explored.

STEM: Science, Technology, Engineering & Math

Education

Public Safety

Legal

Food

Arts, Entertainment & Sports

"Never give up. Set a goal and go after it. You can do it!"
— Tonga Noble
Software Engineer and Systems Manager, Boeing

Business & Finance

Medical

Public Service

Media & Communications

Other: _____

Other: _____

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Career Connections Certificate (Page 18)

Explore 10 different careers to complete this certificate. Set a goal of exploring a career in each of these areas:

1. STEM
2. Arts, Entertainment & Sports
3. Medical
4. Business & Finance
5. Media & Communications
6. Education
7. Legal
8. Food
9. Public Safety
10. Public Service

career **girls**

Smart About STEM Certificate of Completion

Awarded to _____ (name) on _____ (date)
for exploring 10 STEM careers. Congratulations!

STEM
Science • Technology • Engineering • Mathematics

(Color a star for each STEM career you explored.)

Check each STEM career you explored.

<input type="checkbox"/> Astronaut	<input type="checkbox"/> Environmental Engineer	<input type="checkbox"/> Meteorologist
<input type="checkbox"/> Astronomer	<input type="checkbox"/> Geneticist	<input type="checkbox"/> Petroleum Engineer
<input type="checkbox"/> Biological Scientist	<input type="checkbox"/> Geologist	<input type="checkbox"/> Physicist
<input type="checkbox"/> Chemist	<input type="checkbox"/> Materials Engineer	<input type="checkbox"/> Software Developer
<input type="checkbox"/> Chemical Engineer	<input type="checkbox"/> Mathematician	<input type="checkbox"/> Statistician
<input type="checkbox"/> Computer Programmer	<input type="checkbox"/> Medical Physicist	Other: _____
<input type="checkbox"/> Computer Scientist	<input type="checkbox"/> Medical Scientist	Other: _____
<input type="checkbox"/> Database Administrator	<input type="checkbox"/> Mechanical Engineer	Other: _____

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Smart About STEM Certificate (Page 19)

Explore 10 STEM careers to earn this certificate. Set a goal of exploring careers in each STEM area: Science, Technology, Engineering, Math. Learn more about STEM on page 10.

Empowerment Lessons

It's fun to think about a dream job. But did you know there are lots of things you can do starting right now to help you prepare for a future career you'll love? In fact, if you're reading this, you're already taking an important step!

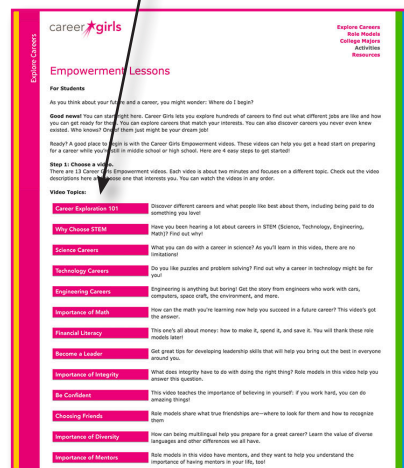
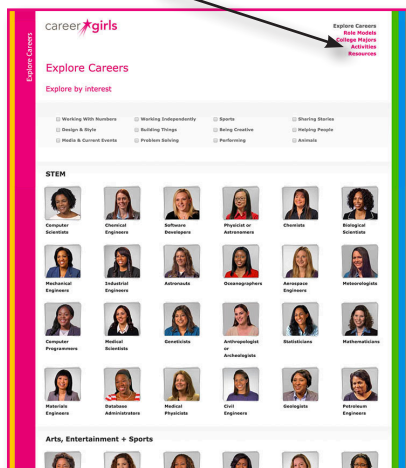
Learn how you can develop the confidence, skills, and knowledge you need to achieve your goals. Dream big!

The Career Girls Empowerment Series is a special set of videos, learning guides, and activities. Together, these materials teach important skills and lessons to help you get a head start on preparing for a career, even while you're still in school.

Click here to learn more about the Empowerment Lessons.

Click on the magenta boxes to view videos.

Click here to view the video. Listen for advice that can help you succeed in a future career!



Follow 5 easy steps to get started.

1. Choose an Empowerment video.

Choose a video that interests you from the Activities page at careergirls.org. Career Exploration 101 is a good place to begin. But you can watch the videos in any order.

- 2. Print the learning guide and activity page.**
 Download the Independent Learning Guide and Fun Page Activity for your video. Print the guide and activity page, or ask a teacher, parent, or other adult you know to print it for you.

Tip: Add these pages to a Career Girls binder to stay organized in your career explorations.

Download the Independent Learning Guide here.

Download the Fun Page Activity here.

- 3. View the video.**
 Each Empowerment video is about two minutes. You can watch the videos more than once to learn something new each time.
- 4. Complete the learning guide and activity page.**
 Think about what you learned in the video to complete the Independent Learning Guide. Watch the video again for help. Try the activity page, too, to explore more about the topic.
- 5. Earn a certificate!**
 Print a Positively Empowered! Certificate for completing 10 Empowerment Lessons. Decorate a star for each lesson you explore. Write the video topics on the lines.



Discover STEM

You may have been hearing a lot about STEM. Just what is STEM and why does it matter?

STEM stands for **S**cience, **T**echnology, **E**ngineering, and **M**ath. Careers in STEM fields are growing, and the good news is that these exciting and rewarding careers typically pay well and are more secure than many other jobs.

What does this have to do with you?

There's a need for more women in the STEM workforce. Math and science are not just for boys! Plus, hands-down, STEM fields offer some of the most amazing careers ever!

What can you do with a career in STEM?

The answer is, "all kinds of cool things!" Do you have a passion for protecting animals? There's a STEM career for that. How about for helping people? There's a STEM career for that, too! Are you curious, creative, and inventive? Do you like solving problems? Do you want to make a difference? STEM careers call for people with all of these qualities.

Ready to Learn More?

Career Girls has what you need:

- **Why Choose STEM?** This video shares real-life reasons to consider STEM careers. [Watch video.](#)
- **College Majors:** What are some subjects you can study to prepare for a STEM career? [Explore college.](#)
- **Explore STEM Careers by Interest:** This section lets you explore careers that relate to interests—including those in STEM fields. [Explore careers.](#)
- **Meet 100+ STEM Role Models:** Learn why 100+ women with STEM careers love their work, and why a STEM career might be your dream job, too. [See role models.](#)

Meet [Tara Maddala](#). Tara is a data scientist, a STEM career that has been called "the hottest job of the 21st century!"



Think about your interests and favorite subjects. How do they relate to careers you're exploring?

Career Journal

Name: _____

Use this chart to keep track of careers you explore. Which careers do you find most interesting?

	Career	What's Most Interesting?	Fun Fact!	College? Yes or No
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				

Make a Motivational Mini-Poster: Career Girls role models share helpful advice for achieving your goals. While watching Career Girls videos, listen for words that inspire you. Write them in the speech bubbles. Include the role model's name and career. Display your mini-poster where it will remind you every day: "You can do anything!"

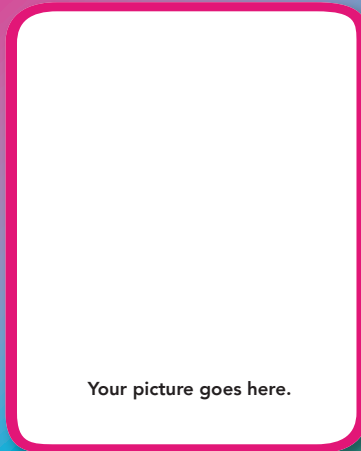


career  girls

You Can Do Anything!

"Be true to yourself. Don't let anyone tell you what you can't do. You can do anything!"

Leah McGowen-Hare
Computer Scientist



Career Comics 1

Career Video: _____

View the video. Then ask yourself: *What is this job like?* Create a comic starring you in this career. At the top, fill in the career and sign your name. Use words and pictures to tell what happens on the job!

I Want to Be _____ By _____

If you like _____ and
_____, you might like
to be _____.
(career)

How do you get ready
for this career?

You can start by _____
_____ and

_____.

You'll need some
skills, too.

Like these:

- 1.
- 2.
- 3.

What else can you
do to prepare?

Hint: Use speech bubbles to show what you're saying.

Career Comics 2

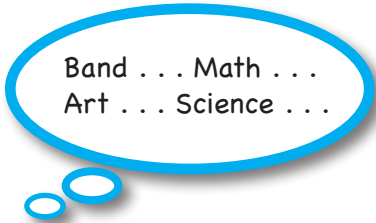
Career Video: _____

View the video. Then ask yourself: *How do I do this?* Create a comic strip that uses pictures and words to help answer this question. At the top, write the career title (for example, "an Astronaut") and sign your name.

A Day in the Life of _____ By _____

A typical day might include:

School subjects you might use most:



Band . . . Math . . .
Art . . . Science . . .

In this career, it's really true that:

One great thing about this career:

What might be challenging?

Fun fact!

Career Action Plan

Name: _____

Date: _____

Choose a Career Girls video to explore. Complete each section to tell about the career and what it takes to get there.

1

CAREER: _____

Check the career area:

- Arts, Entertainment & Sports
- Business & Finance
- Education
- Food
- Legal
- Medical
- Media & Communications
- Public Safety
- Public Service
- STEM (Science, Technology, Engineering, Math)
- Other: _____

2

SKILLS FOR SUCCESS

If this is the career for you, these are four skills you'll need:

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

3

JOB READY!

What steps can you take, starting now, to make this career happen? List 6 steps here.

1.

2.

3.

4.

5.

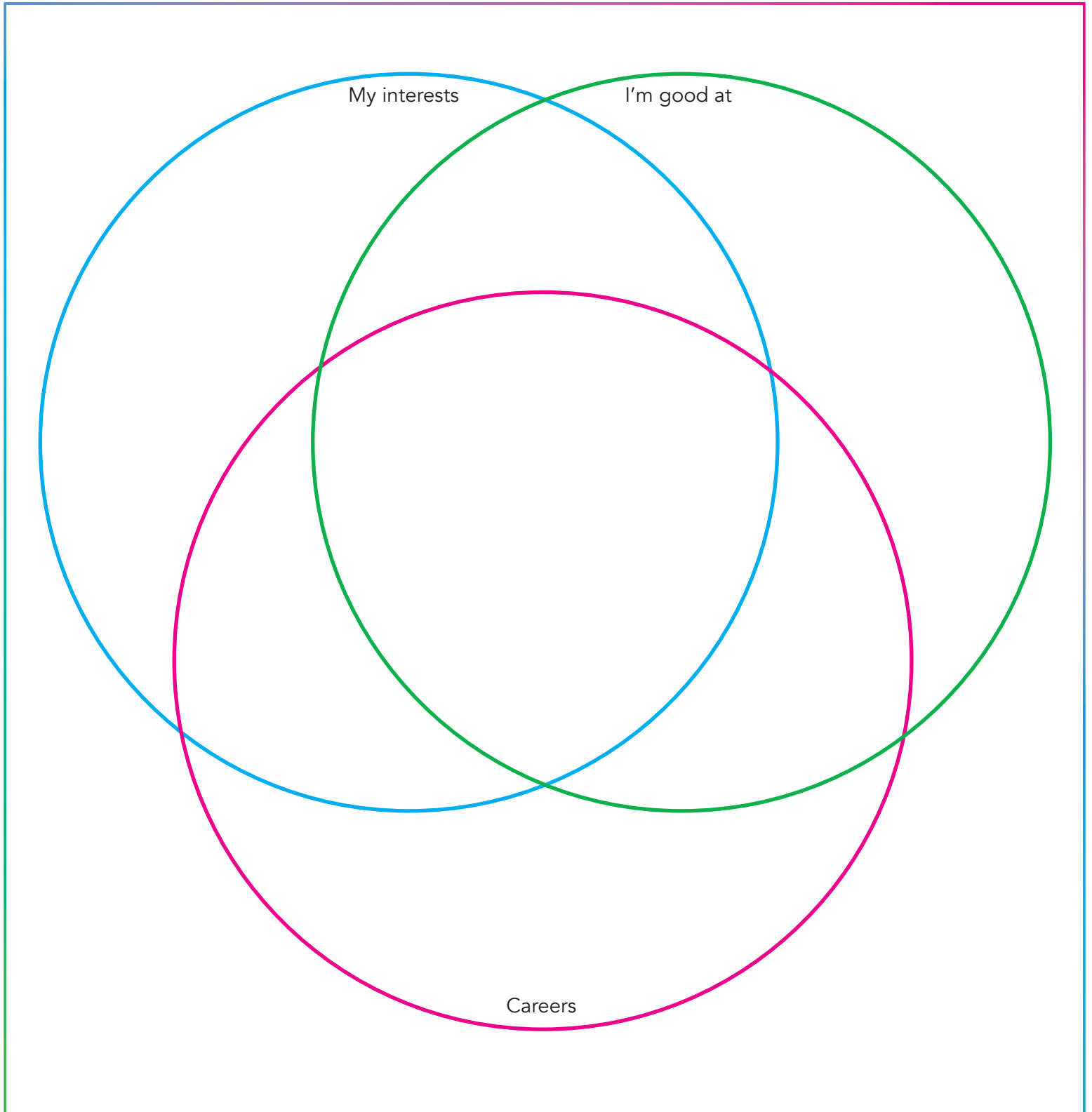
6.

Is This a Career for Me?

Name: _____

Date: _____

Fill in the circles with your interests, your strengths, and careers you're exploring. Use the overlapping areas to show where different interests, strengths, and careers connect. Add to the circles as you identify other interests.





Positively Empowered! Certificate of Completion

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(name) (date)

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“Be exactly who you are. Know that who you are is awesome!”

– Jamila Glass
Dancer and Filmmaker






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Awarded to _____ on _____ (name) _____ (date)

for exploring 10 careers. Congratulations!

Color a star for each career area you explored.



STEM: Science, Technology, Engineering & Math



Education



Public Safety



Legal



Food



Arts, Entertainment & Sports



Business & Finance



Medical



Public Service



Media & Communications



Other: _____



Other: _____

"Never give up. Set a goal and go after it."

You can do it!"

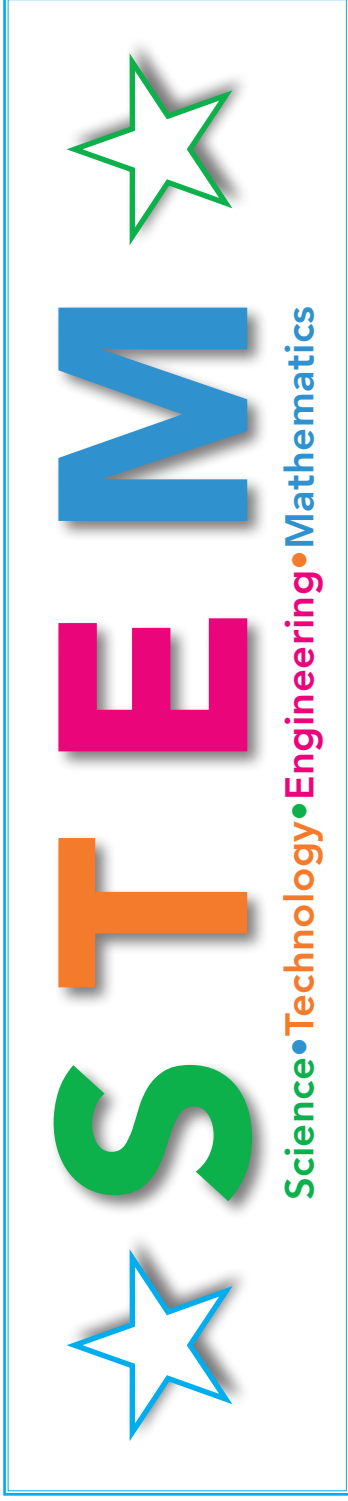
– Tonya Noble
Software Engineer and
Systems Manager, Boeing



Smart About STEM Certificate of Completion

Awarded to _____ for exploring 10 STEM careers. Congratulations!

(name)



(Color a star for each STEM career you explore.)



Check each STEM career you explored.

- | | | |
|---|---|---|
| <input type="checkbox"/> Astronaut | <input type="checkbox"/> Environmental Engineer | <input type="checkbox"/> Meteorologist |
| <input type="checkbox"/> Astronomer | <input type="checkbox"/> Geneticist | <input type="checkbox"/> Petroleum Engineer |
| <input type="checkbox"/> Biological Scientist | <input type="checkbox"/> Geologist | <input type="checkbox"/> Physicist |
| <input type="checkbox"/> Chemical Engineer | <input type="checkbox"/> Materials Engineer | <input type="checkbox"/> Software Developer |
| <input type="checkbox"/> Chemist | <input type="checkbox"/> Mathematician | <input type="checkbox"/> Statistician |
| <input type="checkbox"/> Computer Programmer | <input type="checkbox"/> Mechanical Engineer | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Computer Scientist | <input type="checkbox"/> Medical Physicist | <input type="checkbox"/> Other: _____ |
| <input type="checkbox"/> Database Administrator | <input type="checkbox"/> Medical Scientist | <input type="checkbox"/> Other: _____ |