

Choosing a career is one of the biggest decisions you'll make. Use this checklist to slow down, ask the right questions, and make an informed decision before committing to a career or academic pathway.

	QUESTIONS TO GUIDE YOUR DECISION	YES	PARTIALLY	NO
1	Researched what this career actually involves on a day-to-day basis? <i>Do I understand the responsibilities, tasks, and work environment?</i>			
2	Learned what education, certifications, or training are required? <i>Do I know the academic path and commitment required?</i>			
3	Spoken with someone currently working in the profession? <i>Have I gained real insights from someone with first-hand experience?</i>			
4	Explored the salary, job outlook, and opportunities for growth? <i>Does this career align with my financial goals and lifestyle?</i>			
5	Considered the work environment? <i>Do I see myself working in the typical setting (office, hospital, outdoors, remote, travel, etc.)?</i>			
6	Identified both the rewards and the challenges? <i>Am I aware of the potential challenges as well as the benefits?</i>			
7	Thought about whether the schedule and lifestyle fit my goals? <i>Does this career support the lifestyle I want now and in the future?</i>			
8	Compared this career with at least two similar careers? <i>Have I explored other options to make an informed comparison?</i>			
9	Reflected on whether this career aligns with my strengths, interests, and values? <i>Does this path feel meaningful and fulfilling for me?</i>			
10	Identified any remaining questions I need answered before deciding? <i>Do I have clarity on what I need to learn next?</i>			

MY REFLECTION

What did I learn about myself through this process?

What excites me most about this career?

What concerns or questions do I still have?



REALITY CHECK

It's okay if you answered NO to some questions. Use this checklist as a tool to guide your next steps and continue exploring before making your decision.



MY NEXT STEPS

Watch interviews with professionals

Shadow or volunteer

Research educational programs

Compare similar careers

Speak with someone in the profession

Meet with an academic advisor

Attend an information session or open house

Continue researching before deciding

My first action step:

Your future is worth the exploration. Take the time to gain clarity before you commit.