

## **Career Exploration and Preparation**

### **Directions:**

1. Research available career opportunities in the field of study.
2. Participate in a job shadow, cooperative education program or apprenticeship to enhance your understanding of the career. While shadowing or working, take accurate notes on what a typical day consists of for a professional in that field of study.
3. Research as much as you can about the field of study from the professional, including work hours, ages, benefits and other career opportunities in the industry.
4. Compile a professional report regarding your experience in the field of study.