

Build a useful shortlist

You are choosing a next step, not a permanent identity. Write what you know, what you need, and what still needs checking.

1. Name the decision

I want to move toward work that...

...without giving up...

2. Separate requirements from preferences

Must work for my life	Would be a plus	Still unknown

Consider income during training, schedule, location, preparation costs, and actual duties. A national median wage is before tax, not a starting offer.

3. Choose up to three careers to investigate

Occupation / role	What attracts me?	What worries me?
1.		
2.		
3.		

Optional interest themes: _____ Take the official O*NET Interest Profiler through the guide. Interests suggest possibilities; they do not prove ability or decide a career.

Compare evidence, not scores

Use concrete sources and dates. Mark missing information as unknown, not as a zero or an average rating.

Question to investigate	Career 1	Career 2	Career 3
What do local new hires earn, and for how many hours?			
What must I do before first paid work?			
What preparation costs and unpaid time remain?			
What does an ordinary working week involve?			
What evidence would change my mind?			

4. Ask someone doing the work

- What do you do most often, including the less enjoyable tasks?
- What surprised you about the schedule or working conditions?
- What do people misunderstand about entering this field?
- What would you check before choosing a training program?

5. Choose one next action

I will _____ by _____.

Source, person, or activity: _____

Then I will: continue researching / change the shortlist / take an application step.