

Careers Expo Worksheet for Homeschooling High School Students

This worksheet is designed to help high school aged homeschoolers prepare for, participate in, and follow up after a small regional careers' expo. Good preparation matters because students get more value from an expo when they identify which exhibitors to visit, prepare questions, and know what information they want to collect. Career expos can help students explore pathways, speak directly with employers or education providers, and build career management skills through intentional career learning.

What a careers expo is for

A careers expo is a place to explore options, ask questions, compare pathways, and make useful contacts. Students can use expos to learn about jobs, apprenticeships, traineeships, TAFE, university, defence, local industries, and training providers. The Australian Blueprint for Career Development describes career development learning as building the knowledge, skills, and attitudes needed to make sound choices and manage career pathways over time.

Before the expo

1. Know your goal

Tick one or more goals for attending:

- I want ideas about possible careers.
- I want to learn what subjects, training, or qualifications are needed.
- I want to compare different pathways after school.
- I want to ask about work experience, volunteering, or entry-level opportunities.
- I want to practise introducing myself and talking to adults about my future.
- I want to collect information to discuss with my parent, mentor, or careers practitioner.

Write one main goal for the day:

My main goal:

2. Think about yourself

Career planning starts with self-knowledge. MyFuture recommends that students think about their strengths, weaknesses, skills, and aptitudes before attending open days and career expos. The Australian Blueprint also places self-awareness and personal management at the centre of career development.

Complete these prompts:

Subjects or learning areas I enjoy:

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Things I am good at:

Activities I enjoy:

Problems I like solving:

Jobs or industries I am curious about:

Things that matter to me in work (for example helping others, creativity, income, flexibility, outdoors, travel, stability):

3. Make a short target list

Students benefit from making a list of exhibitors they want to visit and from planning how to move around the expo. Researching exhibitors beforehand also helps students ask better questions and use their time well.

Three exhibitors or stalls I want to visit first:

Stall or exhibitor	Why I want to visit	My top question
1.		
2.		
3.		

4. Prepare your introduction

A short introduction helps students start conversations confidently. It does not need to sound formal or rehearsed; the goal is to be clear, polite, and genuine.

Try this formula:

Hello, I'm . I'm in Year _____ / homeschool high school. I'm interested in _____ . I'd like to learn more about _____ .

Write your own version here:

5. Questions to ask

Prepared questions help students move beyond collecting brochures and into meaningful conversations. Questions are especially useful when they focus on pathways, skills, training, and what the work is really like.

Choose 5 questions from this list or write your own:

- What does a typical day in this role look like?
- What skills are most important in this industry?
- What school subjects are helpful for this pathway?
- Do I need university, TAFE, an apprenticeship, or another pathway?
- What entry-level opportunities are available for young people?
- Is work experience or volunteering useful in this field?
- What personal qualities help someone succeed here?
- What are some different jobs in this industry besides the obvious ones?
- What advice would you give a high school student starting to explore this field?
- What should I do in the next 12 months if I want to keep this option open?

My extra questions:

6. Make a strong first impression

Students are more likely to have helpful conversations when they smile, make eye contact, introduce themselves clearly, and present themselves neatly. Career fair advice also recommends taking notes and collecting information that can be reviewed later.

Checklist:

- I introduced myself.
- I asked at least one thoughtful question.
- I listened carefully.
- I thanked the exhibitor.
- I collected useful information.
- I took notes before moving to the next stall.

7. Record what you learn

Use one row for each stall you visit.

Exhibitor	What they offer	Pathway options mentioned	Skills/subjects mentioned	My rating out of 5	Follow-up action

8. Notice patterns

Career exploration is not only about finding one perfect answer. It is also about noticing patterns in what interests you, what turns you off, and what options you want to explore further.

While walking around, write down:

Three jobs or industries that interested me:

One pathway I want to research more:

One surprise from the day:

One thing I learned about myself:

After the expo

9. Reflect within 24 hours

Reflection helps students remember useful details and turn an expo visit into actual career learning. Writing down key insights soon after the event makes it easier to compare options and plan next steps.

Answer these questions:

1. Which stall or conversation was most useful, and why?

2. Which pathway seems most interesting right now?

3. What do I need to research next?

4. What action will I take in the next two weeks?

10. Make a next-step plan

Career development works best when students take a small next step after an exploration activity. That next step might be more research, a conversation with an adult, visiting a website, exploring myfuture, or checking subject and training requirements.

Next step	When I will do it	Who can help me

Tips and tricks for homeschoolers

Homeschool students often have valuable strengths to bring to an expo, including independence, mixed-age learning experiences, community involvement, and flexible project-based learning. A small regional expo can still be very worthwhile because direct conversations with local employers, training providers, and educators can reveal realistic pathways and local opportunities.

Practical tips

- Be ready to explain homeschooling simply and confidently; for example, “I’m homeschooled and currently working at Year 10/11/12 level, and I’m exploring pathways in ...”.
- Focus on conversations, not perfection. Recruiters and exhibitors respond well when students are genuine and able to hold a natural conversation.
- Ask what counts besides ATAR, because some pathways include TAFE, apprenticeships, portfolios, auditions, bridging programs, direct entry, or work-based routes.
- Bring a small notebook or use a notes app so useful information is not forgotten.
- If you have done projects, volunteering, sport, caring, creative work, small business activities, coding, farm work, or community service, mention them as examples of skills and responsibility.
- If a stall feels busy, step aside, listen first, then return when there is a better moment to ask your questions.
- Collect only information you will actually use. A few strong conversations are better than a bag full of random flyers.

Parent or group leader prompts

Adults can help students get more from an expo by encouraging them to identify priority stalls, interpret the event map, and build confidence before conversations. Support is especially helpful for students who feel unsure about approaching exhibitors.

Use these prompts before and after the expo:

- Which three stalls matter most for your current questions?
- What do you want to find out that you cannot easily learn from a website?
- What would make today feel successful for you?
- Which conversation gave you the clearest next step?
- What did you learn about yourself from the event?

Quick reminder card

- Be curious.
- Be polite.
- Ask questions.
- Take notes.
- Compare options.
- Follow up.

A careers expo does not need to give a final answer. Its job is to help students explore, gather information, and take a better next step.

Created by Sea Change Careers

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