

Career Day at Home

Learn what the people around you do all day.



Any work counts: paid jobs, caregiving, volunteering, side jobs and careers from the past. Students, interview an adult and write their answers on this page. Use the next page for more questions and to reflect. Adults, there is nothing to fill out. Just share about your work.

Educators: This can be sent home with students as a digital file or a printout. No student information is collected.

Interview an adult about their work

What do you do, in one sentence?

What is a tool or skill you use every day?

What is a problem you solved recently?

How did you get here?

What is a skill from your work that you also use at home?

What would you tell your younger self?

Interview and Reflect



Ask A Few More Questions

What does a typical day look like?

What is the hardest part?

What is the best part?

What surprised you about this work?

Reflect Think About What You Heard

Which part of this work could you see yourself doing? Which part would you want to avoid?

What is one skill you share with the person you interviewed?

Is there someone else you could interview about their work?
