

### What's a C-E-O?

It stands for **C**areer  
**E**xploration **O**ppportunity.

It's an activity designed  
to help you explore a  
career.

### Who participates in a CEO?

It involves **YOU**  
and someone in the community  
who is willing to share their career  
experiences with you

### How many CEOs are required?

One is required in your **Junior**  
year. A second one is  
required in your **Senior** year.

You are encouraged to  
participate in as many as  
interest you.



### What qualifies as a CEO?

- Over-the phone interview
- Classroom or Lunchtime speaker
- Meeting with a college rep or visiting a college campus
- Job Shadow
- Field Trip
- Worksite Internship or Work Experience\*
- Mock Interview
- Attending College or Career Planning Nights
- Off-site Career/College Fairs

\*See Mrs. Boyer in C-wing

**Note: You must fill out the CEO Reflection paperwork (see back of this sheet) to receive credit for the activity.**

### What's cool about a CEO?

It can be fun and informative.

The experience can help you:

- *Investigate a career*
- *Eliminate a career option*
- *Help you get a job*

You can schedule most of them on  
your own.

Please talk to your advisor if you  
have questions about a CEO  
experience.

## Career Exploration Opportunity (CEO) Reflection Sheet

### Instructions:

1. Decide what you would like to do for your CEO. It needs to align with your career goals. You will need to complete one in your Junior year and one in your Senior year.
2. Complete the CEO and fill in the form below. Make sure that you have the Adult Participant sign this Reflection Sheet.
3. Bring the Reflection Sheet to your Advisory. Log the CEO on your *High School and Beyond* portfolio and then ask your Advisor to initial that they have seen the Reflection Sheet.

Name: \_\_\_\_\_

Date: \_\_\_\_\_

I am a... Freshman

Sophomore

Junior

Senior

CEO Activity: \_\_\_\_\_

Signature of Adult Participant: \_\_\_\_\_ Date: \_\_\_\_\_

I chose this CEO because:

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Did you have to prepare for this CEO? If yes, how?

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I actively participated in this CEO by:

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