



DISCOVER

Find possibilities you didn't know existed.

- 1 I'm into [1-3 things you're interested in]. Show me 5 unexpected careers connected to those interests.
- 2 I'm interested in [an industry or world]. Show me roles that make this world work behind the scenes.
- 3 Here are 3 things I naturally do. Turn these into real-world skills and show me careers where they matter.



EXPLORE

Don't just research a career. Try it on.

- 4 Pick one role. Put me inside a realistic situation and let me decide what to do.
- 5 I'm exploring [a career]. Show me 3 key skills and give me a quick challenge to try.
- 6 I'm exploring [a career]. Give me a 15-minute challenge. Then evaluate my response.



CONNECT

Turn "I don't know anybody" into "I know how to start."

- 7 I'm exploring [a career]. Who could I learn from, where can I find them, and how do I start a conversation?
- 8 I'm going to meet someone in [a career]. Give me opening lines and questions, then practice the conversation with me.
- 9 I'm interested in [a career]. Help me create 3 short introductions that sound like me.



PREPARE

Build something.
Build yourself.
Build proof.

- 10 I'm interested in [a career]. Show me 5 ways to prepare and what I can do in high school.
- 11 I'm interested in [a career]. Help me choose a skill and design a small project I can complete this week.
- 12 I'm preparing for a [interview, job shadow, internship, etc.]. Ask me 5 realistic questions and coach my answers.



ACCESS

Move from "I'm interested" to "Here's my next move."

- 13 I'm a high school student interested in [a career]. Show me 5 types of entry points to explore.
- 14 Here's an opportunity I found. Decode it for me and tell me what they want, what I have, and what I should strengthen.
- 15 I'm interested in [a career]. Give me 3 moves I can make in the next 7 days.

**REAL OPPORTUNITIES.
REAL CONNECTIONS.
A BRIGHTER TOMORROW.**



Ask better questions.



Explore real options.



Build what's next.

IDEAS
PEOPLE
OPPORTUNITY
IMPACT



15 AI PROMPTS

Pick a pathway. Copy a prompt. See where it takes you.

Replace the [brackets] with your information, then paste the prompt into your AI tool. Keep the conversation going.

START HERE • ONE PROMPT FROM EACH PATHWAY

DISCOVER

1. I'm into [CHOOSE 1-3 things you're interested in or spend a lot of time doing. They can be anything: music, sports, gaming, fashion, beauty, cars, technology, cooking, health, social media, building things, helping people, or something else.] Don't give me the obvious careers everyone already knows about. Show me up to 5 unexpected careers that help make these worlds work. For each one, tell me what the person actually does, what problem they solve, and one skill that matters in the job.
— COPY THIS

PREPARE

10. I'm interested in [TYPE OR PASTE A CAREER OR JOB ROLE YOU WANT TO EXPLORE.] Show me up to 5 different ways people can prepare for and enter this field. Include college only if it is relevant, but also consider technical training, certifications, apprenticeships, hands-on experience, entry-level work, entrepreneurship, public service, or other routes. For each route, tell me what it looks like and one thing I could start doing while I'm still in high school.
— COPY THIS

EXPLORE

4. Pick one role from what I just discovered: [TYPE OR PASTE ONE CAREER OR JOB ROLE FROM MY EARLIER ANSWERS. If I haven't found one yet, help me choose one based on what I've told you I'm interested in.] Put me inside a realistic situation someone in this career might face. Give me the problem, the information I need, the decisions I have to make, and the people or tools involved. Then stop. Let me decide what I would do before you show me how a professional might approach it.
— COPY THIS

ACCESS

13. I'm a high school student interested in [TYPE OR PASTE A CAREER, JOB ROLE, OR INDUSTRY YOU WANT TO EXPLORE.] Show me up to 5 types of entry points I could pursue, such as an internship, job, apprenticeship, job shadow, summer opportunity, training program, certification, volunteer experience, competition, or project. For each one, tell me what I could gain from it, where I might look for opportunities like this, and what I should check before I pursue one. Then help me choose which type makes the most sense for me to investigate first.
— COPY THIS

CONNECT

7. I'm exploring [TYPE OR PASTE A CAREER, JOB ROLE, OR INDUSTRY YOU'RE CURIOUS ABOUT. You can use one you discovered in an earlier prompt.] Give me up to 3 different types of people I could learn from, such as a professional, entrepreneur, creator, educator, newcomer, or someone who took an unexpected path. For each one, tell me what I could learn, where I might realistically find people like them, and one low-pressure way I could start a conversation.
— COPY THIS

GO DEEPER • THE OTHER 10 PROMPTS

2 DISCOVER

I'm interested in [TYPE AN INDUSTRY, INTEREST, OR WORLD YOU WANT TO KNOW MORE ABOUT. For example: music, sports, gaming, fashion, entertainment, technology, healthcare, beauty, food, cars, or construction.] Show me up to 5 different roles that help make this world work behind the scenes. Include different kinds of roles, such as creative, technical, business, or operations when they exist. For each role, keep it short: WHAT THEY DO — WHY IT MATTERS — WHAT THEY HELP CREATE.

3 DISCOVER

Here are 3 things I naturally do, enjoy, or am good at, even if they don't sound like school skills: [LIST 3 THINGS. Think about what friends ask you for help with, what you do for fun, what you figure out quickly, or what you could spend hours doing.] Translate those into up to 5 real-world skills people get paid to use. Then show me up to 5 careers where those skills could matter. Give me one thing I could try to see which direction fits me.

2 EXPLORE

I'm exploring [TYPE OR PASTE A CAREER OR JOB ROLE YOU'RE CURIOUS ABOUT. You can use one you discovered in an earlier prompt.] Show me up to 3 core skills people actually use in this work. Then give me one quick challenge I can try today using those skills. Don't solve it for me. After I answer, tell me what my response suggests I might enjoy, need to practice, or want to explore next.

3 EXPLORE

I'm exploring [TYPE OR PASTE A CAREER OR JOB ROLE YOU WANT TO TEST OUT.] Give me a 15-minute challenge that lets me try a small piece of the actual work. Don't solve it for me. Give me the challenge and the information I need. When I'm finished, evaluate my response, tell me what I did well, and show me what I could improve. If I decide this career isn't for me, help me identify what I learned about myself that could transfer to another career.

2 CONNECT

I'm going to meet someone who works in [TYPE OR PASTE THE CAREER, JOB ROLE, OR INDUSTRY THEY WORK IN.] Give me 3 natural opening lines and 3 questions I could ask to learn what the work is really like and how they got started. Then act like that person and let me practice the conversation with you. Afterward, coach me on how I could make the conversation stronger.

3 CONNECT

I'm interested in [TYPE OR PASTE A CAREER, JOB ROLE, OR INDUSTRY YOU WANT TO EXPLORE.] Here's a little about me: [LIST 2-5 THINGS ABOUT YOURSELF, SUCH AS YOUR INTERESTS, SKILLS, SCHOOL ACTIVITIES, PROJECTS, WORK EXPERIENCE, HOBBIES, OR THINGS YOU ENJOY DOING.] Help me create 3 short versions of an introduction that sounds like me: one I could say in person, one I could send in a message, and one I could use in an email. Don't make me sound like I'm asking for a job.

2 PREPARE

I'm interested in [TYPE OR PASTE A CAREER OR JOB ROLE YOU WANT TO EXPLORE.] and I want to prove I can do something that matters in this field. Based on what someone entering this field usually needs, help me choose one skill to develop and design one small project or challenge I can complete this week. Tell me what a strong result would look like and how I could use it to show what I can do.

3 PREPARE

I'm preparing for my first [CHOOSE ONE: interview, job shadow, internship, apprenticeship, portfolio review, audition, or another real-world experience] in [TYPE OR PASTE THE FIELD OR JOB ROLE.] Act like the person I'm going to meet. Ask me 5 realistic questions one at a time. After each answer, coach me on how I could make my response stronger.

2 ACCESS

Here's an opportunity I found: [PASTE THE JOB, INTERNSHIP, APPRENTICESHIP, TRAINING PROGRAM, SCHOLARSHIP, COMPETITION, OR OTHER OPPORTUNITY YOU'RE CONSIDERING.] Decode it for me using only the information in the description. Tell me: 1) what they actually want, 2) the 5 most important skills, experiences, or qualifications they mention, and 3) which ones I can already demonstrate based on [LIST OR PASTE MY RELEVANT EXPERIENCE, PROJECTS, SKILLS, OR ACTIVITIES.] Then help me figure out what I should strengthen or explain better.

3 ACCESS

I'm interested in [TYPE OR PASTE THE CAREER, JOB ROLE, INDUSTRY, OR PATHWAY YOU'VE BEEN EXPLORING. You can use something you discovered in an earlier prompt.] and I want to stop just thinking about it and start doing something. Based on what I discovered above, give me up to 3 moves I can make in the next 7 days. Include one person I could connect with, one thing I could practice or create, and one opportunity or pathway I could investigate. Put them in the order I should tackle them.

You don't have to know exactly what you want to do. Start with what you're curious about.