

# STEM CAREER FIT EXERCISE

## DISCOVER THE STEM PATH THAT FITS YOU BEST.

Choosing a future career can feel exciting and overwhelming at the same time. With so many opportunities in science, technology, engineering, and mathematics, it can be hard to know where to start.

The STEM Career Fit Exercise for Girls is a fun and interactive tool designed to help girls explore their interests, strengths, and personalities to discover STEM careers that may be a great fit for them.

Think of it as your first conversation with a Big Sister in STEM.

## IDEAL FOR

Girls in middle school and high school who are curious about STEM careers and looking for guidance from Big Sisters in STEM to explore opportunities with confidence.

## KEY FEATURES

- Interactive self-discovery exercise
- STEM interest and strengths assessment
- Personality-based career matching
- Recommended STEM career pathways
- Reflection questions and goal setting
- Printable and easy-to-use format
- Big Sister in STEM guidance and encouragement

**PRICING** **\$CAD 350**

Installments available



## PROGRAM FORMAT

- Duration: 3 Day x 60 Mins Guided Practical Workshops & Self-paced activities
- Time Commitment: 1 Hour Per Day of 1:1 Focused Development
- Platform: Virtual

## KEY BENEFITS

- Discover STEM careers that match your interests
- Build confidence in your strengths and abilities
- Explore exciting possibilities for your future
- Gain direction and inspiration early
- Better understand what makes you unique
- Feel encouraged to dream bigger in STEM