

FR-26 • Future Ready • One Question One Weekend

Career Reality Check

Pick one career. Ask 10 honest questions.
Then write a 200-word verdict — not a dream statement, a real assessment.

Start the research brief

Build my prompt

WEEKEND PROGRESS

0 XP

Level 1: Career Curious

Pick one career

Ask 10 questions

Read for reality

Verify changing facts

Write 200-word verdict

Choose next step

This weekend's question

What is this career really like — not just the shiny version?

This research brief helps you compare the dream with the day-to-day reality. If you get stuck, answer only Q1, Q3, and Q6. Three honest answers beat ten surface ones.

1 **Pick one career**

One career only. You are going deeper, not wider.

Choose a career you are curious about. It can be familiar, like doctor or lawyer, or newer, like UX designer, climate analyst, AI engineer, sports physiotherapist, animator, or cybersecurity specialist.

Class

Class 9



Career I want to research

Example: sports physiotherapist

Why this career interests me

Example: I like sports and biology, but I do not know what the daily work is actually like.

Healthcare

Tech

Design

Sports

Finance

Law

Media

THOUGHT BULB

A career name is a label. The real question is: what would you actually do every week?

☐ I picked one career to research honestly.

2 Ask AI the 10 research questions

Use ChatGPT, Claude, Gemini, or Perplexity. Perplexity can be useful when you want source links.

Paste this prompt. It is designed to reveal the boring, difficult, and changing parts too — not just the inspiring parts.

YOUR FILLED PROMPT

I'm a Class 9 student researching sports physiotherapist as a career in India. Answer these 10 questions clearly:

- 1. What does a typical Tuesday look like in this career?**
- 2. What skills are needed?**
- 3. What parts do people often dislike or find hard?**
- 4. What is a realistic starting salary in India?**
- 5. How competitive is it to enter?**
- 6. What does AI threaten in this career?**
- 7. What new opportunities does AI create in this career?**
- 8. Which school subjects should I focus on now?**
- 9. Who in India is doing interesting work in this field?**
- 10. What would someone in this career wish they knew at 16?**

Be honest, practical, and clear. Do not oversell the career.

COPY-PASTE RESEARCH PROMPT

I'm a Class [X] student researching [career] as a career in India. Answer these 10 questions clearly:

1. What does a typical Tuesday look like in this career?
2. What skills are needed?
3. What parts do people often dislike or find hard?
4. What is a realistic starting salary in India?
5. How competitive is it to enter?
6. What does AI threaten in this career?
7. What new opportunities does AI create in this career?

8. Which school subjects should I focus on now?
9. Who in India is doing interesting work in this field?
10. What would someone in this career wish they knew at 16?

Be honest, practical, and clear. Do not oversell the career.

Copy my filled prompt

CAUTION BOARD

AI may be wrong or outdated, especially on salary, entrance routes, and who is currently doing interesting work. Use the answer as a starting map, not a final decision.

☐

I asked AI the full 10-question career research prompt.

3 Look for the reality, not the poster

The honest parts matter most.

1 Typical Tuesday

What does the job look like when it is not glamorous?

3 Parts people hate

Every career has annoying, stressful, or repetitive parts.

6 What AI threatens

Which tasks may reduce, automate, or change?

7 What AI creates

Which new roles, tools, or advantages might appear?

IF STUCK

Answer just Q1, Q3, and Q6. A career becomes clearer when you know the normal day, the hard parts, and what AI may change.

☐

I read the answer for honest reality, not just exciting lines.

4 Verify facts before believing them

Some career facts change. Check them before deciding.

Use real sources for anything that affects decisions: salary, entrance route, exams, degree requirements, and current people or organisations in the field.



Salary

Check recent Indian salary sources, job posts, or placement reports. Starting salary varies a lot.



Pathway

Check college, exam, or professional-body pages where possible.



AI impact

Ask what tasks change, not whether the whole career disappears.

OPTIONAL VERIFICATION PROMPT

From this career answer, list the claims I must verify from real sources before deciding. Put them in 3 groups: salary, entry route, and AI impact.

Career answer:

[paste answer]

Copy verification prompt

☐

I marked which facts need real-source checking.

5 Write a 200-word honest verdict

Not “I want to be X.” A real assessment.

Your verdict should sound like a thoughtful student, not a brochure. Include what attracts you, what worries you, what you need to verify, and whether you want to explore further.

VERDICT STRUCTURE

50 words: What the career actually seems like.

50 words: What attracts you.

50 words: What concerns you.

50 words: What you will check or try next.

My 200-word verdict

Write your honest verdict here. Example start: After researching this career, I think the daily work is more...

0 words · aim for around 200

CAUTION BOARD

Do not copy AI's answer as your verdict. Your verdict must include your reaction: interest, doubt, surprise, and next step.

☐

I wrote a 200-word honest verdict in my own words.

6 Pick one next step

Research only matters if it changes what you do next.

My next step

Example: I will watch one interview with an Indian sports physiotherapist and check what degree path they followed.

THOUGHT BULB

A next step can be small: watch one interview, check one college page, speak to one adult, or read one job description.

☐

I chose one practical next step for this career.

7 Optional: make your research brief card

A small reminder of the weekend move.

BRIEF CARD COPY

Title: One Question One Weekend

Research brief: Pick one career, ask 10 honest questions, write a 200-word verdict.

Tool: ChatGPT / Claude / Gemini / Perplexity

Closer: If stuck, answer Q1, Q3, and Q6. Three honest answers beat ten surface ones.

☐ I made, sketched, or saved the research brief card.

Final 5-minute move

Read your verdict once. Underline the sentence that feels most honest. That sentence is your real starting point.

☐ I looked at daily reality, not only status or salary.

☐ I marked salary and entry facts for verification.

☐ I wrote what I will check next.

NOTEBOOK LINE

“My honest verdict is: I am still interested / unsure / less interested because _____.”

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