



# NORTHWEST YOUTH CAREERS EXPO

## TEACHER PACKET

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**YOUR SCHOOL'S REGISTERED TIME AT THE EXPO \_\_\_\_\_**

## TUESDAY, MARCH 17, 2026

**9:00 AM – 1:30 PM**  
**Oregon Convention Center**  
**Portland, Oregon**

**Visit our website for more resources such as a  
list of current exhibitors, student prep videos,  
mock interview tips, & more!**

**[PORTLANDWORKFORCEALLIANCE.ORG/EXPO](http://PORTLANDWORKFORCEALLIANCE.ORG/EXPO)**



## TEACHER CHECKLIST

### 2-4 WEEKS TO GO

- ☐ Did you sign up your students for **mock job interviews**? If so, help them prepare. (See p. 5 and p.16)
- ☐ Review resources here and [online](#). Consider **classroom activities** to help prepare students. (See p. 8)

### 1+ WEEK TO GO

- ☐ Make sure every student has a **signed permission slip**.
- ☐ Check out the official **2026 Expo Resource Guide**, which includes a map & directory (will be available online and emailed to you prior to the Expo).
- ☐ Review **final bus instructions**. These will be online, with final reminders emailed to schools.

## EXPO DAY

**REMINDER:** Make sure your students leave their backpacks at school or on the bus. They cannot be brought into the convention center.

### COORDINATE WITH YOUR BUS DRIVER

- ☐ Know how to find your bus after the Expo. There will be many buses waiting for students outside the Oregon Convention Center, so **make a plan**. Suggestions: know driver's cell number, put sign in the window, etc. **Important:** Do not summon your driver until your **WHOLE GROUP is ready**.

### ON THE BUS

- ☐ Review appropriate **behavior** for the Expo.
- ☐ Review **activities** and features, such as the exhibit hall, mock interviews and career talks. Tell students to pick up a printed Expo Resource Guide at the door with map & directory.
- ☐ Distribute your own **handouts** (i.e. Career Expo assignment, etc. – see pgs. 10-11)

### WHEN YOU ARRIVE

**PRIORITY:** Instruct your students on where and how to check in with you **DURING** and **AFTER** the Expo.

DURING: Time: \_\_\_\_\_ Location: \_\_\_\_\_ EXIT: Time: \_\_\_\_\_ Location: \_\_\_\_\_

- ☐ **Check in** at the information booth near the Expo floor. Organizers need your arrival time, number of students and departure time. There is also a student help desk for any student questions.

### WHEN YOU LEAVE

**PRIORITY:** Check out at the info/check-in booth. Let organizers know your school is leaving.

- ☐ If you want students to **complete a reflection**, remind them on the bus to finish this activity.



## PREPARING STUDENTS FOR THE EXPO

Thank you for bringing your students to the NW Youth Careers Expo. We appreciate your work in helping students develop their career aspirations.

The Expo is **huge** and can be overwhelming to students who aren't prepared. Please review this information with your students. The more prepared students are, the more they gain from their Expo experience!

### WHAT CAN STUDENTS DO AT THE EXPO?

- **Career Exploration:** Visit 200+ booths in the main Exhibit Hall where employers provide hands-on demos and talk with students about educational paths. Students can learn about many fields such as healthcare, technology, construction, manufacturing, energy, arts & communication, and public service.
- **Postsecondary Exploration:** Meet representatives from community colleges, universities, training schools and apprenticeship training centers.
- **Hands-On Activities:** Participate in "hands-on" learning activities (i.e. working with robots, trying out equipment from hospitals and other employers, etc.).
- **Mock Interviews:** Interview without pressure and receive tips and feedback on their resume and communication skills from caring HR professionals. (See p. 4-5)
- **Career Talks:** Join a 20-minute career talk, given by an HR professional, on a topic such as landing a job or acing an interview. (See p. 5)
- **Chill Room:** There is a "Chill Room" near the mock interview area for students who need a sensory break.

### WHAT SHOULD STUDENTS WEAR?

- Students are advised to wear clothing that makes them feel comfortable and confident participating in hands-on activities and demonstrations at the Expo, such as climbing a ladder, using tools/machinery, or participating in a mock interview. Students should follow their school district's policy regarding appropriate clothing standards.
- **Students cannot bring backpacks into the convention center.** Backpacks should stay at school or on the bus.

### WHAT ABOUT STUDENT BEHAVIOR?

- Students should display professional behavior toward Expo exhibitors.
- Students are representing their schools at all times.
- Encourage students to thank the employers for their time and information.

*Teachers: Employers support the Expo financially and with volunteer time. We have tremendous employer commitment and want to continue these partnerships. Thank you for preparing your students!*



## BEFORE THE EXPO: STUDENT ACTIVITIES

### USE RESOURCES FROM THE PWA WEBSITE

Portland Workforce Alliance is the nonprofit organization that organizes this event. Go to [www.portlandworkforcealliance.org/expo](http://www.portlandworkforcealliance.org/expo) for all Expo resources, including:

- A [Tips for Educators and Students](#) page, which includes links to teacher resources and fun advice for students
- A [Mock Interview page](#) with sign-up instructions, preparation tips and other tools
- An [Expo prep video](#) for students, [Expo photo gallery](#) and a fun 1-minute Expo highlights [video](#)
- An [Exhibitor page](#)

### DO A CAREER ASSESSMENT AND EXPO PLAN

- Students can take a **career assessment** in CIS, Naviance or other online tools.
- After students identify career interests, show them the **list of Expo exhibitors** (on the PWA website linked above) and have them select at least five employers they want to visit.
- Have students **brainstorm questions** for these exhibitors. (See p. 10)

### RESEARCH COLLEGE/TRAINING OPTIONS

- Students can brainstorm questions about postsecondary options, then research college and training programs that lead to the careers of interest from their assessments.

### HAVE STUDENTS MAKE A RESUME & PREPARE FOR A MOCK INTERVIEW

- Students can complete a resume and bring it to the Expo so they can have an HR professional review it and give feedback during a mock interview. (See p. 5 for information about **signing up**.)
- Have students select an employer they are interested in applying to and research it. They can share that information with their interviewer at the Expo.

### USE THE PERMISSION SLIP AS A PLANNING TOOL

- Review the sample permission slip attached. At the bottom, students sign that they understand the event goals and guidelines for behavior, etc. for the Expo.
- Copy a Career Reflection on the back so students know what type of questions they will need to answer after the Careers Expo.

## DURING THE EXPO: STUDENT ACTIVITY EXAMPLES



## COMPLETE A CAREER EXPO ASSIGNMENT

- Use or adapt the sample assignment or bingo sheet in this packet to help students engage.

## ATTEND A CAREER TALK

- Encourage students to attend a 20-minute Career Talk on a topic such as Landing a Summer Job or Acing Your Job Interview. (Online schedule to be posted soon!)
- These drop-in sessions will be given by seasoned professionals and held every half hour near the mock interviews. Students will receive a Certificate of Completion.

## LOOK FOR “LIGHTBULB” EMPLOYERS

- Many employers who offer summer jobs, internships, volunteer work and other opportunities for high school students will have a “Lightbulb” sign at their booth.
- Encourage students to find 1-2 employers with “Lightbulb” opportunities.



## DO A MOCK JOB INTERVIEW & RESUME REVIEW

- Many students are looking for jobs and internships. A 10-minute mock interview with a caring volunteer allows students to practice their oral communication skills. Students should bring their resume. **See note below about registering students for mock interview.** They will also receive a Certificate of Completion.

# AFTER THE EXPO: STUDENT ACTIVITY EXAMPLES

## COMPLETE A FOLLOW-UP ASSIGNMENT

- **Career Expo Reflection:** Have students complete the reflection in this packet. In class upon return, have them “pair share” or divide into small groups with different career areas represented to share their answers.
- **Expo2Go:** An online community resource for high school students that complements the in-person Expo.
- **Thank You Note:** Have students write a thank you email or letter to an employee whose business card they received at the Expo.

### IMPORTANT NOTES ABOUT MOCK INTERVIEW LOGISTICS

Up to 1,000 students will seek mock interviews at the Expo, which requires traffic management.

We need your help to keep the wait manageable and the experience positive for students and volunteers.

Please **SIGN UP** your students when you register, or at least **one month** prior to the Expo! (We can accept limited drop-ins.)

Schools with more than 40 students signed up for mock interviews should send half of their group to the mock area upon arrival and the other half about 30+ minutes later.

# NW YOUTH CAREERS EXPO

LEARN. EXPLORE. GROW. CONNECT.

2026

**THE EXPO** is more than a career fair. It's an experience where you can connect with top employers and discover future careers!

## WHAT CAN YOU DO AT THE EXPO?



### MEET EMPLOYERS & COLLEGES

Around 200 Oregon employers, colleges and training programs are at the Expo. Explore career paths, jobs, internships, and apprenticeships and talk with professionals about how to get started.



### PRACTICE INTERVIEWING

Sit down for a mock interview with a friendly volunteer who can give feedback and top tips before you do the real thing. You can even bring your resume for review!



### HANDS-ON EXPERIENCES

Suit up in firefighting gear, practice CPR, try out real construction and trades tools, check out state-of-the-art tech (and robots!) and see props used by Oregon TV & film crews.

## LOCAL EMPLOYERS AND CAREERS, INCLUDING:



HEALTHCARE



MEDIA  
& DESIGN



ENGINEERING



BUSINESS  
& FINANCE



CONSTRUCTION

...AND MORE!



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**ASK YOUR CAREER  
COUNSELOR HOW  
YOU CAN ATTEND:  
MARCH 17, 2026**





# PREPARING FOR THE EXPO TOP TIPS FOR STUDENTS

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## BEFORE YOU GO:



### MAKE A PLAN

Plan! Check out what booths and employers you want to visit and learn about.



### HAVE QUESTIONS

Brainstorm questions to ask employers, like how to get started, what skills are needed, best part of their job, etc.



### WHAT TO WEAR

Dress for the job you want, but no need to come in full formal wear! Act like you are preparing for an interview.



### NO BACKPACKS

You CANNOT bring backpacks to the Expo, store them at school or on the bus!

## AT THE EXPO:



### NAVIGATING

Check out the map in the resource guide to navigate your way to the booths and industries you want to talk to!



### ASK FOR HELP

Look for people in green vests! They are there to help you get where you need to go.



### MOCK INTERVIEWS

Get in line to participate in a mock interview – practice your skills before your job is on the line!



### CAREER TALKS

Join one of the career talks to learn about important career skills.



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

## BEFORE THE EXPO: CREATE YOUR PLAN

### 1. Which best describes you?

- ☐ I'm a hands-on type of person.
- ☐ I'm a people person.
- ☐ I'm an idea person.
- ☐ I'm an information and data person.

### 2. Which Career Pathways might be a good fit for you?

#### ☐ **Arts & Communication**

Careers include designer, artist, writer, public relations professional, communications specialist.

#### ☐ **Business & Management**

Careers include financial analyst, accountant, marketing associate, sales representative, human resources professional.

#### ☐ **Health & Medical Services**

Careers include doctor, physical therapist, nurse, radiologist, medical lab technologist, medical assistant/aide.

#### ☐ **Human Services & Helping Professions**

Careers include teacher, counselor, psychologist, lawyer, social worker, detective, advocate, nonprofit professional, fire/emergency services worker.

#### ☐ **Industrial & Engineering Systems**

Careers include computer software engineer, civil engineer, electrician, architect, manufacturer, constructor.

#### ☐ **Natural Resources & Science**

Careers include veterinarian, agriculture/horticulture/wildlife specialist, marine biologist, environmental scientist, landscape architect.

- ☐ **I have no clue!** However, I would like to talk with: \_\_\_\_\_

over







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3. You will get an exhibitor list or an Expo Resource Guide listing all of the exhibitors. It will list exhibitors by industry or career pathway. **Write in the employers, colleges or training centers that you would like to visit at the Expo.**
  
4. Here's one great way for high school students to get experience in a career area while in high school: community service and volunteering! **Identify at least one exhibitor who offers community service and volunteer experience for youth** (i.e. Portland Parks and Recreation, Oregon Humane Society, etc).
  
5. Looking for a job or internships? You can practice your interview skills through mock interviews conducted by caring Expo volunteers. **Write 2-3 questions you think a hiring manager might ask you and prepare answers.** You can review this with your mock interviewer
  
6. **What do you hope to get out of participating in the Careers Expo?**



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

## DURING: CAREERS EXPO ASSIGNMENT

Practice talking with adults about jobs and careers.

Pick a company that you don't know much about and visit its booth to collect information.

Ask 3 – 5 questions so you can write a one-paragraph summary about the company. You can use the following big and small questions with everyone you meet, **but you only have to write a summary about one company.** Make up some questions of your own, too.

### BIG Questions:

- What do you want people to know about your company?
- How has your business changed to adapt to changes in the industry, economy or culture?
- Where do you think your company will be in \_\_\_\_ years when I get out of high school/college?  
What kind of jobs will you be hiring for?

### SMALL Questions:

- What does your company do?
- How many people work for you in Oregon? Nation/worldwide?
- I'm a \_\_\_\_\_ (people person/hands-on, etc.) type of person.  
What kinds of work does your company have for a person like me?
- What kind of educational paths would you recommend for someone who wanted to work at your company? What kinds of classes, training or experiences would be helpful?
- What are some entry-level jobs that high school graduates can get?
- Do you offer internships or summer employment?

### Company Summary:

MY FAVORITE PART OF THE EXPO WAS:





# EXPO BINGO

Mock Interview	Hands-on Activity:	Summer Job Opportunity	Talk with booth rep:	Expo Survey: Find and complete the Expo survey using the QR code on signage in the Expo Hall!
Talk with booth rep:	Talk with booth rep:	Talk with booth rep:	Hands-on Activity:	Talk with booth rep:
Talk with booth rep:	Summer Job Opportunity	Attend the Expo!	Talk with booth rep:	Talk with booth rep:
Talk with booth rep:	Talk with booth rep:	Hands-on Activity:	Talk with booth rep:	Hands-on Activity:
Hands-on Activity:	Talk with booth rep:	Talk with booth rep:	Summer Job Opportunity	Attend Career Talk



## Mock interviews and Career Talks

Sit down for a mock-interview with a friendly volunteer who can give feedback and top tips before you do the real thing and a job is on the line!



## Ask a booth about job opportunities

Exhibitors with "lightbulb" signs have jobs, nternships or volunteer opportunities.



## Try a hands-on activity

Suit up in firefighting gear, practice CPR, try out real construction and trades tools, check out state-of-the-art tech (and robots!) and see props used by Oregon TV & film crews.



## Talk to a booth rep

Talk to the people at the booths to learn more about thier careers! Some good questions are:

What is a typical day like for you or your coworkers?

What kind of education and training do you need for this job?

What are some of the skills you need for this job?

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

## AFTER: CAREERS EXPO REFLECTION

Pick one of the industry areas that you visited during the Expo:

- ☐ Arts & Communication
- ☐ Business & Management
- ☐ Construction, Manufacturing & Technology
- ☐ Natural Resources, energy, environment
- ☐ Human Services & Public Safety
- ☐ Health Care

Within this industry, what type of career(s) are you interested in?

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Explain why this area interested you:

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Describe three things that you learned about this industry that you didn't know before:

1. 

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2. 

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3. 

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over ▼

What type of education or training do you need to get started in this industry?  
What type do you need to advance?

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What kinds of skills do you need to succeed in this industry? *(i.e. math skills, writing ability, computation skills, hands-on problem solving, public speaking, budget analysis, project management)*

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List three personal attributes that employers in this industry are looking for in a new hire.  
*(i.e. teamwork, creativity, punctuality, etc).*

1.

---

2.

---

3.

---



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**PERMISSION FORM**

NW Youth Careers Expo

Tuesday, March 17, 2026 | 9:00am-1:30pm

Oregon Convention Center, 777 NE MLK Blvd, Portland, OR 97232

**Student Name:** \_\_\_\_\_ **Grade:** \_\_\_\_\_

Students are invited to participate in the NW Careers Expo with 200+ employers and exhibitors providing essential career information. Students will learn about opportunities in Business, Health Services, Technology, Arts, Manufacturing, Construction, Natural Resources, Public Service and more. Students will also have a chance to participate in mock interviews, learn about college programs & more. Participating in the NW Careers Expo *may* count as a CRLE (Career Related Learning Experience) toward your diploma requirements. Students should check in with their school's Career Coordinator for additional guidance and information.

**QUESTIONS?**

**School Contact Name:** \_\_\_\_\_ **Title:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

**Parents/Guardians:** Please sign the form below so your student may participate in the NW Youth Careers Expo.

A signed form functions as a liability release for all involved parties, including the Portland Workforce Alliance, school districts and participating/hosting organizations. It also functions as a permission for your student to be included in Expo photos/communications materials that may be published on PWA social media platforms and/or website.

_____ has my permission to attend the NW Youth Careers Expo on Tuesday, March 17, 2026, at the Oregon Convention Center.	
Parent/Guardian Name: (PRINT)	Parent/Guardian Signature:
Emergency Contact Name:	Emergency Contact Phone:
<b>STUDENT AGREEMENT:</b> By signing this form, I am agreeing to the below guidelines. I agree to: <ul style="list-style-type: none"><li>● follow my school district's policy regarding appropriate clothing and dress</li><li>● participate in the learning activities and engage in dialogue (ask questions) of Expo representatives.</li><li>● use respectful communication that reflects positively on myself and the school I am representing.</li><li>● thank the employers I spoke with for their time.</li></ul>	
Student Name: (PRINT)	Student Signature:



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# MOCK INTERVIEWS & CAREER TALKS

Try a one-on-one interview with a business professional  
or attend a 25-minute career talk and learn how to land a job!

	ROOM	9:00	9:30	10:00	10:30	11:00	11:30	12:00	12:30	1:00	1:30
<b>Mock Interviews</b>	D136 D135	9:00 - 1:30									
<b>How to Ace Your Job Interview</b>	D139		9:30				11:30		12:30		
<b>How to Land a Job</b>	D139			10:00		11:00		12:00		1:00	
<b>Networking Essentials</b>	D138				10:30		11:30				
<b>Tips for Starting Your Business</b>	D138			10:00		11:00					
<b>Managing Your Paycheck: Smart Money Tips</b> <small>by OnPoint Community Credit Union</small>	D139				10:30						

## INTERESTED IN A SUMMER JOB / INTERNSHIP?

Exhibitors with a  have jobs, internships, mentorships, or volunteer opportunities.



## NEED A BREAK?

Visit the quiet, sensory space located near the mock interviews.



## MOCK INTERVIEW: QUESTIONS & FEEDBACK

CANDIDATE NAME: \_\_\_\_\_

INTERVIEWER: \_\_\_\_\_

VOLUNTEER NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

Prepare for a mock interview at the Expo by reviewing the interview questions beforehand.

CATEGORY	ASKED?	QUESTION
BACKGROUND AND INTERESTS		Tell me about yourself. (Prompt if a further explanation of the usual interview introduction is needed.)
		What are you looking for in a new job?
ACCOMPLISHMENTS		Can you give an example of a success or accomplishment that you have had? What skills helped you to accomplish it?
PROBLEM SOLVING		Describe an instance of overcoming a problem and what you learned from this experience.
DECISIONS AND COLLABORATION		Tell me about an experience when time management was a factor and how you dealt with managing your workload and deadlines.
		What is an example of a group project you worked on? How did you collaborate with your group members?
CLOSING QUESTION		Do you have any questions?

	Excellent	Good	Fair	Needs Improvement	COMMENTS
CONFIDENT BODY LANGUAGE					
ORAL COMMUNICATION					
CONTENT OF ANSWERS					
DISCUSSION OF STRENGTHS AND SKILLS					
QUESTIONS FOR INTERVIEWER					

