

AI and Careers Discussion Guide for High School Counselors

A classroom-ready guide to help counselors talk about how AI is changing careers without turning the conversation into fear or hype.

Grades 9-12

Counselor / CTE friendly

Discussion + activity guide

Why this topic matters

- LinkedIn says that by 2030, 70% of the skills used in most jobs are expected to change, with AI acting as a major catalyst.
- The World Economic Forum says AI and big data, networks and cybersecurity, and technology literacy are among the fastest-growing skill areas through 2030.
- That makes this a useful counseling topic: students need to explore not just what careers exist, but how work is changing.

A simple message counselors can use

- AI is changing tasks, tools, and workflows in many careers.
- That does not mean every job disappears.
- Students still need human strengths such as communication, judgment, adaptability, and professionalism.

Five career examples to discuss

- Digital technology: AI can support security monitoring, data work, and troubleshooting, but people still manage risk, reliability, and judgment.
- Healthcare: AI may support imaging, records, or workflow, but patient care, ethics, and trust remain deeply human.
- Customer service: AI may handle more routine questions, while people handle more complex and emotional situations.
- Marketing and sales: AI may speed research, content support, and targeting, while human insight and communication still matter.
- Advanced manufacturing and logistics: AI may improve planning, diagnostics, and process efficiency, while people still coordinate systems and solve real-world problems.

10 counselor discussion prompts

- Which parts of this job seem easiest for AI to help with?
- Which parts still depend most on people?
- What human skills would still matter even if the technology improves?
- How could this career become more digital over time?
- Would AI make this role more efficient, more complex, or both?

- Which students might enjoy this kind of changing work environment?
- What digital skills could strengthen a student in this field?
- What responsibilities should stay human in this career?
- How can students stay adaptable as work changes?
- Which career on this list feels most interesting now, and why?

Quick classroom activity: Will AI help, reshape, or leave mostly human?

Career	Students decide	Suggested facilitator note
Information Security Analyst	Help / Reshape	AI may support detection, but people still interpret risk and respond.
Dental Hygienist	Help	Tools may improve workflow, but care and patient communication remain human.
Diagnostic Medical Sonographer	Help / Reshape	AI may support image analysis, but trained professionals still guide quality.
Customer Service Representative	Reshape	Routine interactions may shift to AI, while harder cases stay human-led.
Community Health Worker	Mostly human	Technology may support outreach and data, but trust and relationships remain central.

Reflection exit ticket

- One career I want to learn more about is...
- One skill I think will matter more in the future is...
- One thing that surprised me about AI and careers is...

References

- LinkedIn Economic Graph, Work Change Report (2025): <https://economicgraph.linkedin.com/content/dam/me/economicgraph/en-us/PDF/Work-Change-Report.pdf>
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