



## Salary and Company Research Worksheet

**Purpose:** This activity sheet helps job seekers clarify their salary needs and priorities by researching the company, its benefits, culture, and industry pay standards. It prepares candidates to set realistic expectations and confidently negotiate compensation aligned with their skills and experience. Completing this activity also provides the necessary insight to determine which jobs best align with your financial goals, lifestyle needs, and career priorities.

### 1. Company Overview

- **Company Name:** \_\_\_\_\_

- **Mission & Values:**

- \_\_\_\_\_
- \_\_\_\_\_

- **Key Benefits / Perks:**

- \_\_\_\_\_
- \_\_\_\_\_

### 2. Employee Insights

- **LinkedIn (culture, employees, growth):**

- \_\_\_\_\_
- \_\_\_\_\_

- **Glassdoor Reviews (pros, cons, salary feedback):**

- \_\_\_\_\_
- \_\_\_\_\_

### 3. Financial & Press Research

- **Recent Press / News:**

- \_\_\_\_\_
- \_\_\_\_\_

### 4. Job & Pay Insights – Onetonline.org

- **Industry Norms / Salary Range Notes:**

- \_\_\_\_\_
- \_\_\_\_\_

### 5. Key Takeaways for Negotiation

- \_\_\_\_\_
- \_\_\_\_\_