

## ASSESS YOUR INTERESTS AND STRENGTHS

Getting to know yourself, identifying your passions, finding what energizes you — these are some of the most important steps in creating your future. To know yourself requires ongoing self-reflection — looking inside, asking questions, and being open to exploring new ideas. By assessing your interests and strengths, you will be able to connect your talents and skills to college majors and career possibilities.

### ACTIVITY: CAREER SELF-ASSESSMENT

Use this worksheet to begin discovering and learning about your skills, interests, and strengths.

- A. First, list your high school academic courses. Next, write what you enjoy about your courses (what is interesting about the material and/or assignments). Then, note the areas in which you excel.

Course	What Do I Enjoy?	At What Do I Excel?
Example: Biology	Dissecting and learning about the body	Working with others in a lab, recording data

Which two or three academic courses do you enjoy the most and why?

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What are your strongest academic skills?

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- B. Second, list your extracurricular activities (clubs, sports, volunteer activities, part-time jobs, internships) both in school and in your community. Next, indicate what you enjoy about each activity and ways you excel.

Extracurricular Activity/Employment	What Do I Enjoy?	At What Do I Excel?
Example: Acting in school plays	Expressing myself, performing for an audience	Public speaking, memorization, improvisation

Which two or three extracurricular/employment activities do you enjoy the most and why?

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What are your strongest non-academic skills (*e.g.*, leadership, organization, teamwork, creativity)?

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