

Name \_\_\_\_\_

Date \_\_\_\_\_

## My Interests



**Introduction:** Everyone has different areas of interest. This exercise is designed to help you identify your areas of interest and assist you in beginning to plan for a career path.

**Directions:**

1. For each category, check off or write in any of the interests you have. Then check to see if one category (A, B, or C) includes more of your interests than the others.

**A. PEOPLE** (ability to work with, service, help, amuse, or influence the actions or thinking of people)

- \_\_\_ Entertaining
- \_\_\_ Volunteer work
- \_\_\_ Caring for sick people
- \_\_\_ Meeting people
- \_\_\_ Teaching
- \_\_\_ Taking care of children
- \_\_\_ Helping people
- \_\_\_ Influencing others
- \_\_\_ Other: \_\_\_\_\_
- \_\_\_ Other: \_\_\_\_\_

**B. THINGS** (ability to operate, repair, or build machinery or equipment, or to understand how living or non-living things function)

- \_\_\_ Drawing/painting
- \_\_\_ Sewing/working with crafts
- \_\_\_ Keyboarding
- \_\_\_ Outdoor activities
- \_\_\_ Repair work
- \_\_\_ Woodworking
- \_\_\_ Using business machines
- \_\_\_ Working with tools
- \_\_\_ Other: \_\_\_\_\_
- \_\_\_ Other: \_\_\_\_\_

**C. DATA** (ability to handle details, figures, or files quickly and accurately; ability to develop systematic way of doing so)

- Writing
- Reading
- Doing crossword puzzles
- Working in a laboratory
- Solving problems
- Using a calculator
- Playing chess, checkers, etc.
- Planning events
- Studying business courses
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

2. Circle the category in which you checked off the most items:      **A**      **B**      **C**  
How well do you think you know your interests?

***Don't know***

***Somewhat certain***

***Absolutely certain***

3. Name three career fields which you think would match your areas of interest.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_