

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, 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	working in the lab	recording and analyzing data

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

What are your strongest academic skills?

- 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 the ways in which you excel.

Extracurricular Activity/Employment	What Do I Enjoy?	At What Do I Excel?
Example: choir	being part of a club	encouraging my team

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

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

Activity: Career Self-Assessment (continued)

C. Now take a look at how a sampling of skills, interests, and talents might translate into college majors and careers.

If you like to:	You could major in:	This could translate into a career as a/an:
Draw, paint, take photos, or sew/alter clothes	Art History, Visual Arts, Theater Arts, Graphic Arts, Interactive Media Design, Fashion	Art Therapist, Museum Curator, Landscape Architect, Photographer, Filmmaker, Art Appraiser, Interior Designer, Graphic Designer, Fashion Designer
Build things	Environmental Planning and Design, Mechanical or Civil Engineering, Architecture	Urban Planner, Landscape Architect, Building Inspector, Manufacturing Engineer, Architect, Design Engineer
Cook or bake	Business, Hospitality, Public Health, Nutritional Sciences	Chef, Dietitian, Event Planner, Food Buyer, Nutritionist, Food Service Manager, Restaurateur
Exercise or play sports	Exercise Science and Kinesiology, Dance, Anatomy, Physiology, Sports Management	Dance Therapist, Physical Therapist, Sports Event Coordinator, Athletic Director, Exercise Physiologist, Fitness Coordinator
Read or write	English, Writing, Education, Comparative Literature, American Studies	English Teacher, Editor, Journalist, Lawyer, Librarian, Advertising Executive, Critic, Writer, Paralegal, Communications Director, Social Media Manager
Speak or study languages	Foreign Languages, Linguistics, Audiology	Translator, Interpreter, Television Producer, Speech Pathologist, Editor, ESL or Foreign Language Teacher
Study math	Finance, Mathematics, Economics, Statistics, Logistics and Materials Management	Accountant, Actuary, Statistician, Math Teacher, Quality Control Specialist, Financial Analyst, Economist, Supply Chain Manager
Study science	Nursing, Environmental Sciences, Public Health, Biology, Chemical Engineering, Meteorology	Nurse, Physician's Assistant, Chemist, Pharmacist, Science Teacher, Toxicologist, Crime Lab Analyst, Biologist, Lab Technician, Ecologist, Meteorologist
Take care of people	Nursing, Education, Psychology, Gender Studies, Social Work, Biology, Sociology	Nurse, Midwife, Social Worker, Psychologist, Community Service Director, Physician's Assistant, Occupational Therapist, School Counselor
Use or fix computers or computer games	Computer Science, Electrical or Computer Engineering, Network Security, Game Design	Web Designer, IT Specialist, Database Analyst, Technical Writer, Software Engineer, Computer Programmer, Aviation Electronics Engineer, Game Designer

D. Use the online resources listed below to further explore the college majors and career paths that may be a good fit for you:

- www.careeronestop.org
- www.bigfuture.collegeboard.org
- www.mynextmove.org or www.miproximopaso.org
- If your school provides **NAVIANCE** Family Connection, you may also have access to the following tools:
 - Career Interest Profiler
 - Roadtrip Nation