

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 your specific areas of strength.

Course	What Do I Enjoy?	Areas of Strength
Example: Geometry	graphing, plotting	problem-solving

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, hobbies) both in school and in your community. Next, indicate what you enjoy about each activity and your areas of strength.

Extracurricular Activity/Employment	What Do I Enjoy?	Areas of Strength
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?

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

ACTIVITY**Career Self-Assessment** (continued)

C. Now explore possible careers by considering your strengths, your personal values, your salary goals, and hiring trends expected at the time of your graduation. A small sample is listed below, along with online tools to help you learn more.

If your strength is:	You could major in:	And have a career as a/an:
Building things	Environmental Planning	Landscape Architect
Reading and writing	English	Journalist
Math	Economics	Financial Analyst

To explore more careers based on strengths, use the O*NET Interest Profiler tool at <https://www.mynextmove.org/explore/ip> or the skills assessment tool at www.careeronestop.org/ExploreCareers/Assessments/skills.aspx. These tools help you identify your strengths and how they relate to the world of work.

If this value is important to you:	You could major in:	And have a career as a/an:
Social impact	Education	Non-profit Executive Director
Independence	Business	Real Estate Agent
Creativity	Media Studies	Television Director

To explore more careers based on values, use the Work Values Matcher tool at www.careeronestop.org/Toolkit/Careers/work-values-matcher.aspx. This tool helps you discover what work values are most important to you, which can lead to higher job satisfaction.

If you want a high salary:	You could major in:	And have a career as a/an:
Between \$160,000 and \$239,000	Biology	Pediatric Surgeon
Between \$101,000 to \$187,000	Air Traffic Management	Air Traffic Controller
Between \$86,000 and \$179,000	Communications	Advertising Executive

To explore more careers based on salary, search by highest paying careers at www.careeronestop.org/Toolkit/Wages/highest-paying-careers.aspx or search by income at bigfuture.collegeboard.org/career-search. When searching, you can filter results by required education level, such as bachelor's, master's, or professional degrees.

If you want a career that is:	You could major in:	And have a career as a/an:
Growing rapidly	Accounting	Auditor
New and emerging	Computer Science	Blockchain Engineer
Going to have many openings	Statistics	Wind Energy Manager

To explore more careers based on hiring trends, use the Bright Outlook search feature at www.mynextmove.org/find/bright to learn which careers will grow rapidly in the next few years, will have large numbers of openings, or are new and emerging careers.