

RESOURCES

Activity 1

Zeroing In on My Interests

ZEROING IN ON MY INTERESTS

Sunday:

Monday:

Tuesday:

Wednesday:

Thursday:

Friday:

Saturday:

Frequent Activities:	Favorite Activities:

Possible Occupations:

Activity 2

Focusing on My Aptitudes

FOCUSING ON MY APTITUDES

Which of the following are you good at? Circle all that you feel apply and write in any specifics. Then, after thinking about each, list the particular areas in which you are strongest under “My Main Aptitudes.”

Academic

- Reading (what?)
- Writing (stories, poems, essays, reports)
- Math (highest level studied)
- Biological sciences (biology, earth science, animals, plants)
- Physical sciences (chemistry, physics, geology, astronomy)
- Social sciences (psychology, anthropology, sociology)
- Humanities (history, literature, philosophy)
- Foreign language(s) (which?)

Arts

- Playing an instrument (which?) or singing
- Acting or storytelling
- Dancing, yoga, or martial arts
- Drawing, painting, sculpting
- Designing clothes, theatrical sets, posters, etc.
- Composing songs or music
- Crafts (sewing, scrapbooking, woodworking)

Interpersonal Skills

- Communicating verbally one on one
- Public speaking, oral reports, debating
- Being a leader
- Caring for children
- Caring for elders
- Making friends and/or being a friend
- Listening, empathizing, counseling
- Organizing and/or hosting parties or events

Miscellaneous

- Gardening or farm work
- Animal care or training (which animals?)
- Complex strategy games such as chess
- Food preparation and/or creating recipes

Computers and Technology

- Playing computer or video games
- Programming
- Designing web pages, blogs, or websites
- Using graphics software
- Using word processing software
- Using digital spreadsheets
- Researching on the internet
- Using social media, blogs, chat rooms, email, instant messaging
- Using electronic media
- Robotics (building robots or remote-controlled toys)

Sports

- Playing team sport(s) (which?)
- Running, swimming, cross country
- Wrestling, boxing, tennis, diving, gymnastics

Mechanics

- Repairing machines (cars, computers, appliances, etc.)
- Building models (what kinds?)
- Drawing or inventing machines, tools, buildings, vehicles
- Construction skills (carpentry, electrical, painting, etc.)
- Using tools (drill, sander, soldering iron, tractor, etc.)

My Main Aptitudes:

Possible Careers: