



## Interests

Interests and passions are another key part of what defines us as human beings. For some individuals, interests and passions are the area they value most. Experts have studied the correlation between interests and success in both academics and career and found a connection between interests and engagement and satisfaction in work. If you are interested in something, you are more likely to invest the time, effort, and energy into it. Imagine not being interested in a subject and studying it in depth for four years or being in a career that you do not enjoy. Begin to think about the kinds of things that you enjoy in general.

What have been your favorite courses / workshops to date?

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

What have been your favorite pastimes and hobbies? What would your favorite pastime be if you actually had time to learn and practice it?

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

What do you love to do? What energizes you? What activities absorb your attention so much that you lose track of time?

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

Think about past or current experiences you have had (jobs, volunteering, hobbies, projects, etc.). Name the activities you enjoyed doing most from these experiences.

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

What subjects of conversation grab your attention? What do you enjoy reading about?

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

What other interests do you have? Did you miss any?

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

Review your answers. Choose the interests that excite you the most. Write them below.

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

**Interests Reflection**

What surprises, if any, were there?

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If you have a clearly defined career path, which of your career interests are being expressed?  
If you do not have a clearly defined career path, which interests do you want to express?

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What career options, apart from ones already identified, do your interests suggest?

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If you knew you could not fail, or there were no limitations in your way, what would you do?

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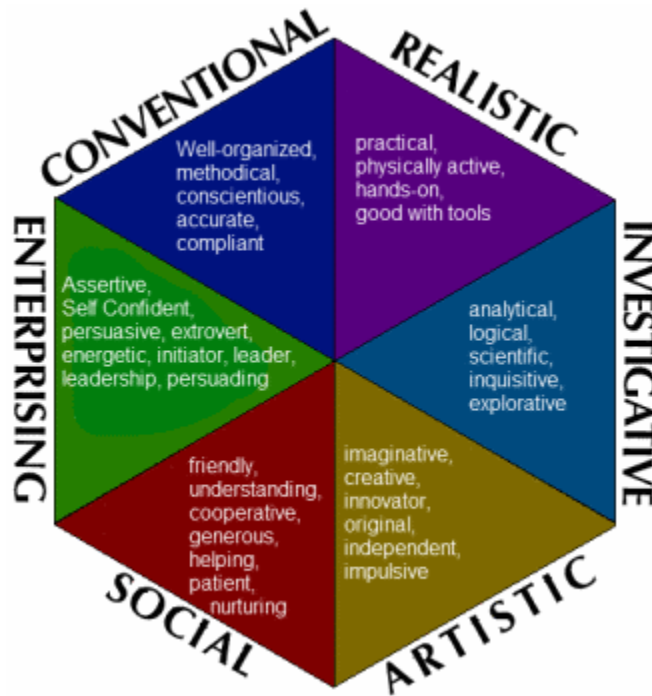
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What are 3 things you would like to learn more about?

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

## Additional Resources and Activities



Complete one of the following exercises to assess your general interest themes as defined by Holland:

### [Self-Assessment: Find Your Fit](#)

The first self-assessment task is about finding your career personality type or "Holland Code." John Holland is a psychologist who developed a "theory of careers" that is routinely used in assessing vocational interests.

### [O\\*NET Interest Profiler](#)

The O\*NET Interest Profiler can help you find out what your interests are and how they relate to the world of work. You can find out what you like to do which can help you decide what kinds of careers you might want to explore.

## Formal Interest Assessment

The [Strong Interest Inventory](#)<sup>®</sup> is used to measure and describe interests in a broad range of occupations, work and leisure activities and educational subjects. It helps individuals gain a greater understanding of their interests and preferences, and helps in identifying potential career paths and education or training relevant to those interests. It also identifies academic or work environments that might be a good fit.

Using your assessment results, what are your three strongest Holland themes?

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

## Additional questions for reflection

- What activities do you participate in just for fun?
- What kinds of activities are you not interested in, and why?
- What kinds of shows do you like to watch on television?
- What would be the best job in the world? Why? What would be the worst? Why?
- What issues or causes are important to you?
- What are five jobs or occupations you would try for a day, just to find out more about them?
- Imagine what it would be like to be in a career that fits you perfectly. What would it look or feel like?
- When you were a child, what did you want to be when you grew up?