

Assessments: Interests Reflection Sheet

Interest Activity – Your natural interests and skills sets can play a part in the decisions you make regarding your career. Answer the questions below as honestly as you can. Then reflect how these insights can help you in your career development.

1. What was the last activity – personal or professional – you did that you truly enjoyed?
2. How do you like to spend your free time?
3. What books, magazines, or news articles do you like reading?
4. If you had to volunteer on a regular basis, what organization, cause, or population would you serve?
5. What local, national, or global issues most interest you?
6. What are your favorite subjects in school?
7. If you had to teach any subject, what would it be?
8. Think of jobs, internships, student clubs, or other activities you have done. Which ones have been most interesting or meaningful to you?
9. What interests above do you find most engaging and why?
10. In thinking about what interests you above, what themes do you see? (For example, do all or most of your interests involve collaborating with other people or do you prefer to work independently? Are your interests specific or broad? Think of other themes you see in the activities you've listed)
11. How could these themes play out in a career you are currently interested in?