

Career Counselling – Self-Understanding

Activity – Exploring Your Skills

List 5 skills you currently enjoy using:

- | | |
|----|----|
| 1. | 4. |
| 2. | 5. |
| 3. | |

From your top 5 interests you listed in above, write down the skills related to each of your interest that you believe you are competent in or need to develop further. Try to identify potential career roles which relate to this interest. Once you have written all your interest related skills, compare them with your list of enjoyed skills and see if you can identify any connections.

Interest	Related skills you are competent at	Related skills you need to develop	Potential career goals



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Otago Polytechnic. [Student Support Website](#). 2015.

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