

Career Counselling – Self-Understanding

Activity – Uncovering Your Interests

List all the things you find interesting within each area of your life. Try to be specific.

Work-related interests (What type of jobs or career would you like?)

Recreational Interests (What do you like to do or would like to do in your spare time?)

Social Interests (What sort of interactions do you enjoy?)

Educational Interests (What do you want to learn?)

Out of all the interests you have listed, rank your top 5 interests:

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

Now list 5 careers that use at least one of your top 5 interests:

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

