

## Career Counselling - Choosing the right programme

### Activity – Exploring Your Interests

Try and think of as many interests as possible and document your interests in the table below. Even if you have discounted an occupation for some reason, for the purposes of this exercise, it is important to include it especially if there are certain aspects of it that still appeal to you.

For example, you may have rejected law because you've heard lawyers work very long hours and it gets very stressful. However, not all law students want to become lawyers and there may be other occupations better suited to these students that require an understanding of the law. So, keep an open mind!

Study Areas	Occupations	Industry Sectors	Employers
e.g. Science	e.g. Accountant	e.g. Environment	e.g. United Nations



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

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