A Look at Your Interests

Your likes and dislikes are a critical dimension of career success and satisfaction. Please outline below some of your areas of interest. After creating the list, we will develop an action plan.

List some activities that you particularly enjoy.

1.  
2.  
3.  
4.  
5.  
6.  
7.  
8.  
9.  
10.  

List some occupations that interest you. Don’t worry about whether you have the ability to be successful in the occupation.

1.  
2.  
3.  
4.  
5.  
6.  
7.  
8.  
9.  
10.  
List some subjects or topics you would like to learn more about.

11. ____________________________________________
12. ____________________________________________
13. ____________________________________________
14. ____________________________________________
15. ____________________________________________
16. ____________________________________________
17. ____________________________________________
18. ____________________________________________
19. ____________________________________________
20. ____________________________________________

Now that you have completed these lists, what steps might you take to further investigate future occupations? What resources are available to you at Kent Library, Career Services or through the FOCUS career assessment?