

Name _____

Date _____

Interests

To assess your interests, ask yourself the following questions: What do I like to do? If I have free time, how do I like to spend it? What types of classes do I like at school? Do I prefer to work with people, data (information), or tools?

List your interests:

1. _____
2. _____
3. _____
4. _____
5. _____

Your interests should help you select careers that you would like to investigate. If you match your interests with your career selection, you are more likely to be successful. There are formal assessments, such as the General Aptitude Testing Battery (GATB) and the Career Occupational Preference System II (COPS II), to assist you.

List your vocational interests:

1. _____
2. _____
3. _____
4. _____
5. _____