



Understanding Your Interests

Understanding Your Interests is the first step towards building a successful career.

Interests:

- Catch your attention
- Awaken your curiosity
- Are enjoyable
- Are satisfying
- Can change easily

Aptitudes:

- Are easy for you
- You are naturally good at
- You stand out at
- Are your talents

Time To Think: Read carefully and respond to the exercise when ready.

Look at the box on the next page. You will see a list of subjects and activities. Think about your interests and your aptitudes (talents). Then tick the **red box** for your interests and tick the **blue box** for your aptitudes. If you have interests and talents that aren't on this list, you can add them at the bottom.



Turn over the page.





| | | | | | |
|--------------------|--------------------------|--------------------------|-------------------|--------------------------|--------------------------|
| History | <input type="checkbox"/> | <input type="checkbox"/> | Art | <input type="checkbox"/> | <input type="checkbox"/> |
| Science | <input type="checkbox"/> | <input type="checkbox"/> | Woodwork | <input type="checkbox"/> | <input type="checkbox"/> |
| Teaching others | <input type="checkbox"/> | <input type="checkbox"/> | Singing | <input type="checkbox"/> | <input type="checkbox"/> |
| CSPE | <input type="checkbox"/> | <input type="checkbox"/> | Sport | <input type="checkbox"/> | <input type="checkbox"/> |
| Games | <input type="checkbox"/> | <input type="checkbox"/> | Geography | <input type="checkbox"/> | <input type="checkbox"/> |
| Cooking/Baking | <input type="checkbox"/> | <input type="checkbox"/> | Craft | <input type="checkbox"/> | <input type="checkbox"/> |
| Personal Styling | <input type="checkbox"/> | <input type="checkbox"/> | Caring for others | <input type="checkbox"/> | <input type="checkbox"/> |
| Business | <input type="checkbox"/> | <input type="checkbox"/> | Decorating | <input type="checkbox"/> | <input type="checkbox"/> |
| Maths | <input type="checkbox"/> | <input type="checkbox"/> | Music | <input type="checkbox"/> | <input type="checkbox"/> |
| Writing | <input type="checkbox"/> | <input type="checkbox"/> | Irish | <input type="checkbox"/> | <input type="checkbox"/> |
| Reading | <input type="checkbox"/> | <input type="checkbox"/> | Nature | <input type="checkbox"/> | <input type="checkbox"/> |
| Computers | <input type="checkbox"/> | <input type="checkbox"/> | Design | <input type="checkbox"/> | <input type="checkbox"/> |
| Languages | <input type="checkbox"/> | <input type="checkbox"/> | Metalwork | <input type="checkbox"/> | <input type="checkbox"/> |
| Acting | <input type="checkbox"/> | <input type="checkbox"/> | Music | <input type="checkbox"/> | <input type="checkbox"/> |
| English | <input type="checkbox"/> | <input type="checkbox"/> | Photography | <input type="checkbox"/> | <input type="checkbox"/> |
| Technical graphics | <input type="checkbox"/> | <input type="checkbox"/> | Technology | <input type="checkbox"/> | <input type="checkbox"/> |
| Religion | <input type="checkbox"/> | <input type="checkbox"/> | Problem solving | <input type="checkbox"/> | <input type="checkbox"/> |
| Animals | <input type="checkbox"/> | <input type="checkbox"/> | Classical studies | <input type="checkbox"/> | <input type="checkbox"/> |

Other Interest: _____ Other Aptitude: _____

Other Interest: _____ Other Aptitude: _____

Now write down the areas where you have ticked both the red box (interest) and the blue box (aptitude):

Print

