

HOW **2** guide: Exploring Interests & Career Planning

While career-related interest inventories, like the one available through MyPlan.com, are a good way to better understand what kinds of activities appeal to you, they may not capture all your individual and unique interests. Below is a worksheet to further investigate what truly interests you during your everyday life. When completed, review your answers and see if the information can play a role in your career plans.

Do you have any hobbies?

What do you love to do in your free time?

Is there anything you could talk about for hours?

What magazines do you read?

What books do you read?

What Internet sites do you like to browse?

What categories would you choose if you were on a game show?

What were your favorite classes?

What kinds of activities can you “lose yourself” in?

Review your answers. Are there any patterns or common themes? Do you see any connection with your interests and possible careers?
