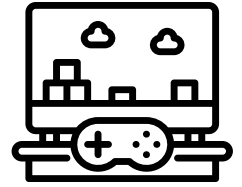


Interests & Strengths Worksheet (Pre-Work)



Helps students reflect on what they enjoy, what they're good at, and how those traits might connect to careers.

Activity: *Discovery what makes you curious and capable.* Answer the following questions.



1. What **hobbies** or activities are so enjoyable that you **lose track of time**?

2. What **subjects** or topics do you **enjoy learning** about most?

3. What are **three things** people often say you're good at?

4. What **challenges** do you **enjoy solving**?

5. Circle or highlight your **top 3 strengths** from this list:

Creativity

Teamwork

Focus

Curiosity

Problem-solving

Communication

Empathy

List Your Own!

6. How might these **interests** or **strengths** show up **in different careers**?

Reflection: What surprised you the most about your answers?

Career Theory Connection:

- *SCCT: Supports self-efficacy and interest development.*
- *Krumboltz: Encourages awareness of chance experiences and strengths that shape learning.*