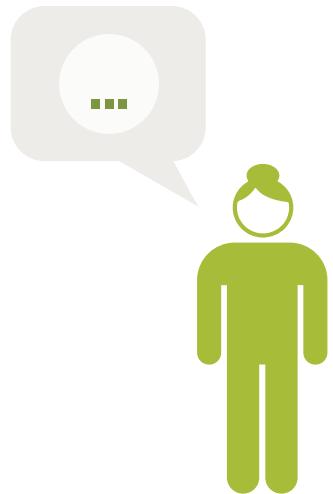


## Activity 1 Handout



# My Career – Skills, Interests, and Values

### What are you wild about?

Now that you're in high school, people are probably asking, "What career do you plan on going into?" It's a tough question. There are so many choices. Where do you begin?

The best place to start is by considering what you're good at. What you love to do. And what inspires you. Answer the following questions. Be honest and sincere with your answers.

There's no need to be modest!

1

We ALL have skills and strengths. Some people are computer whizzes. Some are math geniuses. Some are brilliant communicators. Some are natural-born leaders. Others are incredibly talented at working with their hands.

**What skills do you possess? List at least two.**

**Option:** If you're too shy or stuck to answer yourself, ask a friend what strengths you have that they admire. You may be surprised by the special traits they identify!

## Activity 1 Handout Continued

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2

No one wants to do things that don't interest them. This is especially important when considering a career you'll be working at for 40 hours a week! Think about what interests you. For example, do you have a passion for technology? Do you like animals? Or maybe mechanics? Are you the indoors type or do you enjoy being outside in nature?

**List at least two of your interests.**

***Hint:** Maybe you're into sports. Rather than list "sports" as an answer, what is it about sports that interests you? (Eg. Keeping physically active, being part of a team, etc.)*

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3

As we learn about the world around us, we develop values – these include our beliefs and priorities in life. If our values don't align with our job, we may find ourselves feeling conflicted and unhappy.

It is important to understand your values when deciding what type of career you will pursue. Some people value having time to see their friends and families regularly. Some place importance on working in a sustainable industry. Others seek opportunities for professional growth and financial reward in their job.

**List at least two things that you value in a career.**