

Interests Worksheet

Interests are things that we give special attention to because we like the subject or activity. They are things that engage us academically, personally and professionally and often point us toward particular occupational fields.

Here are some activities to help you begin exploring your interests:

1. What do you like to do? What are you interested in? Why? Try to list at least five interests and then describe after each interest how it makes you feel.

2. What are your favorite academic subjects and why?
