**What are your interests?**

Most of us would like an “interesting” job. Interests are, of course, very personal, and two people may be interested in the same activity for quite different reasons. A chess player might relish the company, the intellectual challenge, the competition, the element of psychological warfare.

**So what do you mean by interesting?**

Think of a couple of activities - work, study or leisure - that you have enjoyed.

**1**

**2**

**What interested you? Was it:**

1. *Mental stimulation?*
2. *A sense of achievement or purpose?*
3. *Utilisation of your abilities?*
4. *Excitement?*
5. *List your other reasons.*

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**It can be helpful to look at what turns you off, too:**

|  |  |
| --- | --- |
| **Activity** | **Why was it uninteresting?** |
|  |  |

Make a list of activities that interest you and rate them. Here are some starters, add your own:

|  |  |  |
| --- | --- | --- |
| **Activity** | **Level of Enjoyment?** | **Why interesting?** |
| **Playing chess****Going to the theatre****Rock climbing****Researching essay material****Looking after a pet animal****Writing stories or poetry****Making models****Playing sports****Designing posters****Helping in a play group****Assembling hi-fi systems****Organising social events****Working in the pub****Studying the environment****Writing computer programs****Acting, performing****Dressmaking****Sailing****Project work** | **Low 1 2 3 4 High** |  |

Next, look at your list. Which interests give you most enjoyment? By choice, to which do you give most time? Is there an overall pattern of preferred activities? If so, can you use it to rate the following in order from 1 (most) to 6 (least) preferred?

|  |  |
| --- | --- |
| **Type of interest** | **Preference** |
| Scientific/Technical - experimenting, researching, design, analysis, understandingPeople (caring) - assisting, caring, advisingPeople (influencing) - controlling, organising, communicatingCreative - art, craft, music, design of all sortsInformation/Data - numbers, analysing, classifying, processingPractical - making, shaping, building, physical |  |

**Effect on career choice**

1. *Obviously an interest may be significant in itself (music, technology) and be vital to career choice.*
2. *But an interest could also point to jobs where similar satisfaction can be had: for example our chess player could find alternative intellectual and strategic puzzles in computing or in information science.*
3. *Occupations, can be grouped together where they have a common “interest” element. Try for yourself listing jobs with a “communication” interest.*