



career guide

career worksheet: interests

ASU Career Services offers a comprehensive on-line Career Guide designed to help you evaluate career options, learn about internships and launch your career. The Career Guide includes detailed information about cover letters and resumes, interviewing, business etiquette, portfolios, graduate school admission processes, effective job and internship search strategies and more. Visit The Career Guide at asu.edu/careerguide.

It's Personal: This is your personal Career Worksheet. You can use this worksheet to track what you identify as most important to you in each of the assessment categories. Your answers will help to narrow your choices as you explore potential majors and careers. You may have blanks or the entire form may be filled. Use this tool to consolidate some of what is important to you and assist in your major and career exploration.

Self-Assessment Section	Results and Responses	Why is this important? How does it relate to what I want in a major or career?	How important is this to me, on a scale of 1 to 100?
Interests			
What do you do in your free time?			
What school subjects do you like?			
What topics do you enjoy learning about or discussing?			
What social or community groups are you involved in?			



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career worksheet: interests (cont.)

Self-Assessment Section	Results and Responses	Why is this important? How does it relate to what I want in a major or career?	How important is this to me, on a scale of 1 to 100?
Interests			
What internet sites do you browse?			
What other skills and strengths have you been told you have?			
What were your interests on the Strong Interest Inventory?			
What careers are of interest to you? What job titles have you found interesting and why, either currently or in the past when you were a child?			