



## Activity Title: Discover Your Interests

### Objective:

Launching an activity in which students identify and share personal strengths and characteristics, as well as future dream jobs and careers.

### Description:

This activity is interactive, involves students taking out a blank sheet of paper and recording their thoughts, and can be modified in a variety of ways. For example, the students divide into small groups and discuss rather than write down. The category could be specified into “nonprofit career paths” if students are already familiar with nonprofit careers. Students could interview one another, and then the interviewer shares about the other person.

### Resources/Materials:

Paper, writing utensils, colored markers (optional)

### Instruction:

1. Investigate/Plan/Action
  - a. Introduce the activity: In this activity, each individual takes out or receives 1 sheet of paper and divides it into four quadrants.
    - i. Label the quadrants: (1) Dream Jobs & Careers, (2) Dream Activities, (3) Dream Destinations, and (4) Nightmares; the nightmares section may include jobs, activities, and/or destinations that do not interest them.
    - ii. Once the quadrants are completed, have students identify interests they would like to have in their future job or career. Ask students which interests they might want to keep as hobbies.
      1. For example, if one of their dreams activities is to travel, do they want to have this interest in their work life, personal life, or both?
      2. What are the advantages and disadvantages of both?
2. Reflect
  - a. Debrief and share--ask large or small groups to share their dreams and nightmares.
  - b. Identify jobs & career paths— which careers students are interested in, follow the student interest and have a discussion.

### Sources:

Inspired by [Workforce Solutions Activity](#), When I Grow Up

