



Self-Awareness: What do I enjoy doing?

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An **INTEREST** is defined as something someone is enthusiastic about or has developed a desire to learn more about. Interests can change frequently over time as you progress through different stages of your life. This activity will ask you some questions to identify what it is that you like to do.

PART 1: In the space below, answer the following questions as honestly as possible.



1. What are your hobbies now?
2. What activities do you tend to gravitate toward in your free time?
3. If you could join any student group, which one would you join?
4. What type of books do you read?
5. What are some movies that sparked a reaction from you or influenced you?
6. What TV programs do you watch? Why do you enjoy them?
7. What section of the newspaper do you enjoy most?
8. What are your favorite Internet websites?
9. What have been your favorite classes in high school and at WCU?
10. What majors and/or careers sound interesting to you?

PART 2: Now What?: Reflection Journal

Were there any questions that jumped out at you, whether positively or negatively?

BRINGING IT TOGETHER:

- A. Do you notice any patterns or commonalities among the interests you identified?

- B. Upon completing these activities, take time to reflect on your answers. In order to organize your thoughts and ideas, review your answers to the “10 Questions” and Now What?: Reflection Journal. Try to identify your top three interests. These will be the interests to focus on when making your decision.

Interests	
<i>Rank</i>	<i>Top Interests</i>
1	
2	
3	

Important Note: When reviewing your interests, keep in mind that some will be personal while others will be more career-oriented. Consider each one carefully as not all interests may be of an occupational nature for you. **If you have an interest in the arts or drawing, do you see yourself pursuing a career in graphic design, or is it more of a hobby?**

Remember also that you could incorporate your interests into the career environment without actually working in that capacity. For example, if you like graphic design and the arts, you could work in a gallery or a graphic design company doing consulting, accounting, or event planning.