

Identifying Your Interests

When identifying your interests, it is often helpful to consider your feelings about specific college courses, extracurricular activities, and work-related tasks in which you have been involved. This exercise is designed to assist you with this process. Spend quality time contemplating your decisions to the questions below. Write out your responses. Be as specific and detailed as you can in your answers. While these questions are only designed to initiate the process of identifying your interests, upon answering the questions in each of the areas, a picture of your interests should start to emerge.

In the classroom...

Which classes did you enjoy most? Why?

Which classes did you enjoy least? Why?

What courses excited you when you received the semester's syllabus?

What lectures or discussion topics inspired thought beyond the classroom?

Which subjects did you share in conversations with friends and family members?

Beyond the classroom...

What do you like to do in your spare time?

Which activities or student organizations did you find most involving and interesting?

Did you prefer to participate in team-oriented activities or independent pursuits?

Do you like to do things that require personal reflection or a lot of activity?

Are there any common themes in the newspaper sections you tend to read or programs and films you tend to watch?

At work...

When given the opportunity to volunteer or work, which activities did you choose?

What tasks did they require? What did you enjoy about your involvement?

What positions have you not enjoyed and what was it that made them so unsatisfactory?