

## Exercise. My interests

Think about your interests. What do you like to do and what not so much? Besides work, also reflect on what kind of voluntary, recreational and hobby activities you enjoy, what studies, courses and programmes you have completed, and what you dream of. Write your thoughts in the first column of the table below (for example, note if you have written academic texts or read foreign-language research papers during your studies, helped organise an event as a volunteer, dream of some inspiring endeavour, etc.).

In the second column, write what you like about the activity mentioned in the first column, and in the third column, what you do not like about it. You can also write down your thoughts about people, working conditions and future prospects.

|  | I like... | I dislike... |
|--|-----------|--------------|
| During my studies, I have done the following:<br>.....<br>.....<br>.....<br>.....<br>.....<br>dfgd                           |           |              |
| In my free time or as a volunteer, I have done the following:<br>.....<br>.....<br>.....<br>.....<br>.....<br>.....<br>..... |           |              |
| In my work, I have done the following:<br>.....<br>.....<br>.....<br>.....<br>.....<br>.....                                 |           |              |

|   |  |  |
|---|--|--|
| I dream about:<br>.....<br>.....<br>.....<br>.....<br>.....<br>.....<br>..... |  |  |
|---|--|--|

See the middle column where you wrote what you like. This is useful information that is worth remembering when planning your studies and making career choices. The third column, which lists what you dislike, also provides clues about what you actually enjoy (for example, if you don't want to work outdoors, you probably prefer working indoors).

*Write your top interests on the career wheel.*

Source: N. Amundson, G. Poehnell (2004). Career Pathways. Third Edition. Adapted by K. Lään-Saarik