

## DEVELOPING YOUR INTEREST LIST

(For more complete information on interests and your career refer to the "Self Assessment/Career Testing" topic in the Virtual Career Center)

What are your interests, based on formal and informal study?  
(e.g., your college majors, non-credit classes, in-depth reading, hobbies, etc.)

What are your interests, based on your curiosity and observations?  
(e.g., scientific interests piqued by reading, conversations you've had with others, a series you've seen on *The Discovery Channel*, etc.)

What are your interests, based on your practical experiences? (How *do* you like to occupy your time?)  
(e.g., the paid/volunteer work you've done, internships, hobbies, long-term pastimes, a one-time or rare hands-on experience that you've remembered and want to duplicate.)

1. **Circle 3-6** of your highest-priority interests – those that you don't want to live without.
2. **List these interests in priority order** as serious contenders for your next career path based on satisfaction with the work, the opportunity to gain some tangible and/or intangible rewards, the opportunity to advance in knowledge/competence/new skill development, *even if they may not result in a full-time job*.
3. **Research occupations** in these highest-priority interests, using an online tool such as O\*Net, your current knowledge of job possibilities, professional associations, and conversations with people you know (or meet in your research) who share your interests. Don't rule anything out yet.
4. **Consider the two or three principal activities of the occupations** you've researched: where are there parallel tasks? How might you combine your love of history and your love of numbers? Be creative.
5. **Use the "Exploring Career Change" and "Career and Occupational Exploration" pages** in this Virtual Career Center to supplement this first research and develop a clearer picture of how to include each of your highest-priority interests in your life.