



High School

Strengths and Interests

Materials:

- Worksheet
- Computers and internet access for each student

Note: This lesson may take more than one class period to complete.

Brainstorm

Ask students to make a list of things they are good at and things that they like to do. They can respond in writing on the worksheet. When done, call on volunteers to share some of their responses.

Discuss

Detail: You've all listed many things that you are good at and things that you like to do. In some cases, these were similar and in other cases they were different. In this lesson we will explore our strengths and areas of interest. Why do you think it might be important to know the things we are good at and the things that we like to do?

Dive in!

We all have **strengths**, or things that we are good at, and **interests**, or things we like to do. Some of you probably already have an idea about what you'll be doing after you graduate from high school, but some of you may not. Or, you may be unsure about the direction you've chosen to go in. So today, we're going to do some exploring of strengths and interests to potentially help you as you try to make these decisions. If you're really good at working with your hands and figuring out how things work, then the automotive industry might be the place for you! Or, if you like cars but don't really like working with your hands and really love meeting new people, then maybe a career in sales is for you. If you really like to argue and debate and social justice is important to you, then perhaps legal studies are the way to go! Today's activities will hopefully help you to narrow it down.

Activity

Have students complete the following two assessments independently:

1. Identify skills and match them to jobs with this online assessment:
<https://www.careeronestop.org/Toolkit/Skills/skills-matcher.aspx/default.aspx>
2. Identify interests with the online tool: <https://www.mynextmove.org/explore/ip>



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When done, have students use the worksheet to keep track of their findings and if time permits, allow students to explore career interests related to their interests and abilities. Then, have them answer the prompt at the bottom of the worksheet.

Reflect

Have students respond to the prompt at the bottom of the worksheet: Were there any surprises in the results from your skills and interest profiles?

Optional Home Connection → Have students share the results of their skills, abilities, and interest questionnaire with their families and see if they agree with the findings.

Extend and Enrich

If time permits, have students use the resources below to explore careers (outlook, salary range, educational requirements) linked to their interests, abilities, and skills.

For Further Study:

- Los Angeles Unified School District, Take 1 Inventory of Strengths, Abilities, and Interests:
<https://achieve.lausd.net/cms/lib/CA01000043/Centricity/Domain/220/Take%201%20-%20final%20to%20print%2010-10.pdf>
- US Department of Labor Occupational Outlook: <https://www.bls.gov/ooh/>
- US Department of Labor's Career Video Library:
<https://www.bls.gov/k12/students/videos/>

Professional Development

Take 5 minutes and reflect on your interests, abilities, and skills. Are you doing a job that reflects those?