

MY STRENGTHS AND INTERESTS

Making decisions about what to study in Year 11 and 12 and beyond involves reflecting on what you have already experienced. It also involves considering what you might like to experience in the future. You will have the best opportunity to do well in your studies if you choose subjects that relate to your strengths and future goals. Here are some activities to help you think about your interests and strengths.

WHAT STUDIES HAVE YOU TRIED?

Think about what you are currently studying. Reflect upon what you have found positive and/or negative about each study, things like: you are interested in the topic, enjoyed doing project work, don't like group work, or are really good at something in particular.

Record your thoughts in the table below.

Study	Positives/negatives and why?



This is you! Complete the sentences.

Next, think about other studies you've tried in the past. Now add these to the table. Are there any themes that stand out? How are studies you like similar or different?

Write down the themes that stand out

WHAT WOULD YOU LIKE TO TRY?

By the time you are in Year 10 you will have tried out many study areas, but there could still be others you haven't had the chance to try. Write any of these down and reflect upon why they interest you.

Study	Why does it interest you?

YOUR INTERESTS AND STRENGTHS

How much do you enjoy	Love it	Like it	It's okay	Not really	Hate it
Doing things outside					
Helping others					
Working with technology					
Organising things					
Caring for people					
Talking to other people					
Finding out how things work					

Can you think of other activities that you enjoy? Write them down and reflect on how you feel about them

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SUPPORTERS

Supporters are people who can help you with your course and career exploration and planning.

They could be teachers, family, friends, sports coaches, or community leaders. Essentially a supporter is someone whose opinion you value, knows you well and who is happy to support you in figuring out and pursuing your course and career goals.

Make a list of your key supporters

Interview Your Supporters

Make a list of questions to ask them about:

- Their course and career pathways
- Your strengths and qualities
- Any opportunities they know of or advice they can give you in pursuing your course and career goals

Questions For Your Supporters

REFLECT AND PLAN

Summarise what you have learnt about yourself through the above activities.

What I know about myself....

Find opportunities

Look for opportunities to explore your strengths and interests. This could be talking to people, visiting workplaces, volunteering, or formal work experience. List three potential opportunities. For example, 'find work experience in an engineering office, 'talk to Uncle David about what physicists do', 'coach Under 7s soccer to experience working with little kids'.

1	
2	
3	

Key Points

You work out your strengths and interests by reflecting on your experiences over time:

- Think about the past and new things you might like to experience
- Discuss your interests and strengths with your supporters
- Look for opportunities to explore your strengths and interests

You can then use what you discover about your strengths and interests to help you choose your year 11 and 12 subjects. Remember, subject selection should be based on what you enjoy and future study and career goals. Give yourself the best opportunity to do well in your studies by choosing subjects that align with your strengths and interests.