

Reflection Exercise: My Interests

A. ASSESSING MY INTERESTS

Here is a list of interests. It is not exhaustive, but it can help you identify your own work interests. According to the following scale, rate your degree of interest for each field *without preoccupying yourself of your current skill level*. Choose the rating that best suits your impressions.

☐ 4 A lot of interest – ☐ 3 Some interest – ☐ 2 Little interest – ☐ 1 No interest

ARTISTIC FIELD

4	3	2	1	Drawing plans
4	3	2	1	Reading literature
4	3	2	1	Doing theatre
4	3	2	1	Appearing on the radio, on television or in movies
4	3	2	1	Drawing
4	3	2	1	Helping people improve their technique
4	3	2	1	Conceiving, inventing or creating things
4	3	2	1	Listening to music or studying it
4	3	2	1	Being recognized and respected in my field
4	3	2	1	Expressing my ideas in a new way, through the arts
4	3	2	1	Teaching
4	3	2	1	Trying new things
4	3	2	1	Working in the decoration field
4	3	2	1	Living adventures
4	3	2	1	Working in the photography field
4	3	2	1	Working in relation to nature
4	3	2	1	Writing stories of fiction or poetry
4	3	2	1	Performing abstract or creative work
4	3	2	1	Working on meticulous projects
4	3	2	1	Cooking
4	3	2	1	Working in the aesthetics field
4	3	2	1	Working in the field of languages

BUSINESS FIELD

4	3	2	1	Establishing business relations with people
4	3	2	1	Selling ideas or products
4	3	2	1	Convincing or influencing individuals
4	3	2	1	Playing with numbers
4	3	2	1	Leading a group or club
4	3	2	1	Starting my own business or enterprise
4	3	2	1	Having responsibilities
4	3	2	1	Working in administration
4	3	2	1	Writing reports
4	3	2	1	Working in an office
4	3	2	1	Going to parties and receptions

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4	3	2	1	Making commercial transactions
4	3	2	1	Developing a new product
4	3	2	1	Being recognized and respected in my field
4	3	2	1	Doing research
4	3	2	1	Working on concrete and organized projects
4	3	2	1	Working under pressure
4	3	2	1	Meeting new people
4	3	2	1	Finding new uses for old materials
4	3	2	1	Finding original solutions to old problems

COMMUNICATIONS AND INTERPERSONAL RELATIONS

4	3	2	1	Establishing relations with people
4	3	2	1	Meeting new people
4	3	2	1	Exchanging ideas
4	3	2	1	Communicating and expressing myself orally
4	3	2	1	Editing reports
4	3	2	1	Applying philosophy principles
4	3	2	1	Working in human resources
4	3	2	1	Helping people improve their technique
4	3	2	1	Going to parties and receptions
4	3	2	1	Communicating with the media (e.g. radio, television)
4	3	2	1	Leading a group or club
4	3	2	1	Being informed on many topics
4	3	2	1	Helping people on a one-on-one basis
4	3	2	1	Comforting people
4	3	2	1	Working in the field of politics
4	3	2	1	Applying history principles
4	3	2	1	Representing a group in public, acting as a spokesperson
4	3	2	1	Organizing a fundraising campaign
4	3	2	1	Teaching
4	3	2	1	Working in the field of languages
4	3	2	1	Communicating by phone
4	3	2	1	Analyzing people's thoughts and feelings
4	3	2	1	Working in the aesthetics field
4	3	2	1	Convincing or influencing individuals
4	3	2	1	Leading and organizing
4	3	2	1	Speaking in public
4	3	2	1	Applying psychology principles

HEALTH FIELD

4	3	2	1	Working in hospitals
4	3	2	1	Picking out details
4	3	2	1	Helping people improve their technique
4	3	2	1	Doing repetitive, concrete and organised work

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4	3	2	1	Working in a laboratory
4	3	2	1	Helping people on a one-on-one basis
4	3	2	1	Taking care of people
4	3	2	1	Applying biology principles
4	3	2	1	Doing research
4	3	2	1	Being recognized and respected in my field
4	3	2	1	Developing a new product
4	3	2	1	Finding practical solutions
4	3	2	1	Helping resolve a problem
4	3	2	1	Having responsibilities
4	3	2	1	Applying psychology principles
4	3	2	1	Working with animals
4	3	2	1	Working in medical services
4	3	2	1	Writing reports
4	3	2	1	Finding original solutions to old problems
4	3	2	1	Reading scientific books or documents
4	3	2	1	Working in administration
4	3	2	1	Applying health sciences principles
4	3	2	1	Working under pressure
4	3	2	1	Analyzing thoughts and feelings
4	3	2	1	Working on meticulous and precise projects

MANUAL / PHYSICAL WORK

4	3	2	1	Working outdoors
4	3	2	1	Applying geography principles
4	3	2	1	Working in a factory
4	3	2	1	Assembling or disassembling motors
4	3	2	1	Living adventures
4	3	2	1	Working with plants
4	3	2	1	Maintaining a physical effort
4	3	2	1	Choosing military life
4	3	2	1	Making landscape or floral arrangements
4	3	2	1	Manipulating apparatus, tools
4	3	2	1	Practicing sports
4	3	2	1	Applying physics principles
4	3	2	1	Repairing and verifying function of machinery
4	3	2	1	Working in agriculture
4	3	2	1	Using heavy machinery, trucks
4	3	2	1	Working in the physical education field
4	3	2	1	Helping people improve their technique
4	3	2	1	Working with motor vehicles
4	3	2	1	Driving machines
4	3	2	1	Working in relation to nature
4	3	2	1	Working with animals
4	3	2	1	Building things

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RESEARCH FIELD

4	3	2	1	Applying theories
4	3	2	1	Doing repetitive and organised work
4	3	2	1	Analyzing data
4	3	2	1	Exchanging ideas
4	3	2	1	Being recognized and respected in my field
4	3	2	1	Verifying the validity of theories
4	3	2	1	Asking myself questions
4	3	2	1	Working on meticulous and precise projects
4	3	2	1	Bringing forth new theories
4	3	2	1	Working in a laboratory
4	3	2	1	Reading scientific books or documents
4	3	2	1	Working under pressure
4	3	2	1	Writing reports
4	3	2	1	Finding new explanations for known facts
4	3	2	1	Keeping matters in order, organizing them
4	3	2	1	Studying certain projects in depth
4	3	2	1	Finding original solutions to old problems
4	3	2	1	Looking for trends from diverse situations
4	3	2	1	Using my knowledge to find new ideas
4	3	2	1	Teaching
4	3	2	1	Picking out details
4	3	2	1	Playing with numbers
4	3	2	1	Being informed on many topics

TECHNOLOGY FIELD

4	3	2	1	Calculating
4	3	2	1	Applying physics principles
4	3	2	1	Repairing sound systems, televisions, radios
4	3	2	1	Doing repetitive, concrete and organised work
4	3	2	1	Manipulating apparatus, tools
4	3	2	1	Picking out details
4	3	2	1	Applying chemistry principles
4	3	2	1	Working on meticulous projects
4	3	2	1	Working in a laboratory
4	3	2	1	Repairing and verifying function of machinery
4	3	2	1	Maintaining office tools
4	3	2	1	Drawing plans
4	3	2	1	Applying mathematics principles
4	3	2	1	Working with motor vehicles
4	3	2	1	Developing a new product
4	3	2	1	Working in the mechanics field
4	3	2	1	Working in the electronics field
4	3	2	1	Assembling or disassembling apparatus
4	3	2	1	Teaching practical courses (e.g. sewing or mechanics)

Reflection Exercise: My Interests

B. SUMMARIZING MY INTERESTS

1. What are your highest interests?

2. What are your lowest interests?



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