



MAKING THE MOST OF YOUR INTERESTS

Why?

Using your interests and skills adds meaning to your career planning. Making the most of your skills and interests is an ongoing process that requires self-reflection and active planning. In this assignment, you can write down your thoughts and make plans but remember to also stay flexible and open to new opportunities! This assignment also helps you focus on identifying the things that you personally find particularly interesting. You may also identify areas where you'd like to develop further.

How?

Interests

What topics are you specifically interested in? Can you think of a topic or activity that really gets you excited? List these on a piece of paper or on the table on the next page. Keep in mind that the things you list here can be anything: they don't have to be related to your studies.

After you've listed your interests, think about what kinds of skills these specific interests bring you and what else you'd like to learn about them. You can also think about the everyday situations in which your interests—or the skills you've gained through them—are visible to others.



Interest	What skills have I gained through this experience? What more do I want to learn about this topic? In what situations do my interests—or the skills I've gained through them—become visible to others in my daily life?

Reflecting on your interests can help you navigate your future towards things that truly motivate you. Based on the interests you listed above, in what kinds of roles or positions could you put them to use? Write down your thoughts in the box below or on a separate piece of paper.

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Identifying Skills

Think of at least five skills that are important to you and that you have learned during your studies. List them on a separate piece of paper or in the table below. The skill can be directly related to your studies, such as using a particular program, learning a foreign language, or mastering a theory, but it can also be something else, such as social skills, communication skills, or even time management skills.

Skill gained through my studies	What does this skill mean to me? Where or how did I learn it? In what situations have I used this skill?

You can reflect on why you chose these skills and what they mean to you. Where or how did you learn the skill, and in what kinds of situations have you used it?



You can also make a similar list of the skills you've learned through hobbies, volunteer work, organizations, or working life, for example.

Skill I have gained	What does this skill mean to me? Where or how did I learn it? In what situations have I used this skill?

You can think about the kinds of jobs and other situations in which you might use the skills you've gained. Write down your thoughts in the box below or on a separate piece of paper.



Highlighting your skills

Identifying your skills helps you to understand what kind of expertise you can offer others, for example, when applying for a job. It's important to highlight your skills in job application documents such as your resume, cover letter, or LinkedIn profile. Look at the items you listed in the previous exercises. Which areas of expertise are you proud of? Make a note next to these skills.

Also, think about how you could make your skills and expertise more visible to others. For example, could you share information on social media, participate in projects, or offer help to others? List any related ideas that come to mind below. Remember, the things you list can be even very small actions!

1. _____
2. _____
3. _____
4. _____
5. _____

Skill improvement

We all have areas where we'd like to improve. Can you think of things where you feel others are better than you? This can be a great opportunity to learn and grow. Think about how you could take small steps to improve your skills in these areas. For example, could you take a class, find a mentor, or practice with others? You can write down your thoughts on the next page.



Skill I want to improve	Thoughts on how I could improve this skill