

# Activity 3 My interests

**When thinking about possible career paths, it can be a good idea to identify what your interests are. You often learn skills through your hobbies and interests and maybe you could think about careers that relate. For example, if you enjoy nature, maybe you'd like to work outdoors or in conservation.**

Take a look at the list below and choose your level of interest for each. Pick as many as you like! Once completed, answer the questions below.

Interest / Activity	Very	Quite	Slightly	Not
Acting, dancing or singing and/or performing in front of an audience				
Animals and taking care of them				
Art - drawing, sketching or painting				
Cars and motor vehicles				
Collecting and organising things				
Cookery and Food				
Creating and designing things				
DIY, building and fixing things				
Solving problems - doing quizzes, puzzles or crosswords				
Eating out				
Exercising, diet, fitness and health				
Finding out about nature and the environment				
Fixing things and how things work				
Gardening and working with your hands				
Going to the cinema, theatre, concerts, and socialising				
Hair and beauty and creating new looks and styles				
Helping or taking care of people				
History and heritage				
Learning languages				
Listening to music or playing a musical instrument				
Making money, business and/or managing people or projects				
Making things				
Numbers and data and analysing information				
Playing computer games, using technology and solving problems				
Playing sports				
Politics, the welfare of society and helping people				
Reading and researching information				
Science, discovering new things and finding answers				
Travelling and finding out about other cultures				
TV, DVDs or streaming content				
Visiting art galleries and museums, art, history and heritage				
Writing or creating content				

# Questions

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What skills and qualities have you developed through your favourite activities?

How might these be useful to you in the world of work?

How do your leisure interests relate to the career options you have looked at so far?



Have a look at the job profiles on [Planit](#) to see what you can find that suits your interests. List your favourite jobs.

Once you have completed this activity and saved it to your device, remember to upload it to your [Planit portfolio](#) in the JSS Evidence section.