

# Worksheet

## My interests profile



This worksheet is designed to help you reflect on your own career ideas and the preferences you expressed in the Aspirations questionnaire. You will choose three careers to investigate further.

### Note any of your own career ideas

Include careers you have considered prior to completing the Aspirations questionnaire.

### What does your interests profile tell you about your main career preferences?

Go to the **About Me** area of your account and select **Interests** if you need a reminder of your interests profile.

### Are there any surprises in your profile?

Name: .....

**Do your career suggestions reflect any of your own career ideas? If your answer is NO can you work out why?**

Go to **My Choices / Careers** for a reminder of your careers suggestions.

**Are there any related careers in your suggestions that are similar to your own career ideas? If your answer is YES note them below**

Here's how to find related careers for any career suggestions; select a career from your **Best Matches** then scroll down to **Related Careers**.

**Now favourite any careers that appeal to you; either from your own suggestions or your own ideas**

Favourite careers by clicking on the heart icon in your preferred careers. You can use **Search Careers** below **Best Matches** to find careers that haven't been suggested.

**Note three careers you want to consider further**

These could be career favourites, or some of your own ideas, or a mix. Use the worksheet **Investigate careers** to record the results of your research into these three careers.

