

Discovering Your Child's Strengths and Interest

There are so many career options out there. It may seem overwhelming to imagine where your son or daughter will end up in the years to come. The questions below are designed to begin a discussion with your child about what activities he or she enjoys and what are his or her goals. The answers can help you discover your son's or daughter's strengths and interests and help you both to think about and direct future activities and educational endeavors.

You and your child might think about sharing these insights with teachers or guidance counselors. They may be able to be worked into your child's Individualized Education Program (IEP). When your child's interests are included in the IEP, teachers will be able to help your child choose classes, activities, support services, and training programs to help in achieving goals.

Here are some questions you might ask your child:

- ◆ What activities do you enjoy participating in at school?
- ◆ What activities do you enjoy outside of school?
- ◆ What are your biggest strengths and talents?
- ◆ What do you like most about yourself?
- ◆ What are your positive personality traits?
- ◆ What activities would build/enhance your strengths and talents?
- ◆ What is a significant event that has affected your life?
- ◆ What are your hopes and dreams for the future?
- ◆ What do you want to be when you grow up?
- ◆ What worries do you have about the future?

Try asking these questions again in a few months.

You might be surprised at how your child's interests have changed and become more focused.