

## Discovering Your Strengths and Interest

There are so many career options out there. It may seem overwhelming to imagine where you will end up in the years to come. It may be helpful to ask yourself some personal questions. Your answers can help you determine your strengths and interests and help you set goals.

Share these answers with your parents, teachers, guidance counselor, and coaches. You may be able to work your interests into your Individualized Education Program (IEP). When your interests are included in your IEP, your teachers will be able to help you choose classes, activities, support services, and training programs to help you achieve your goals. By identifying your core interests, your parents, teachers, guidance counselor, and coaches can lead you in the right direction.

### *Here are some questions you might try asking yourself:*

- ◆ What activities do I participate in at school?
- ◆ What activities do I enjoy outside of school?
- ◆ What are my biggest strengths and talents?
- ◆ What do I like most about myself?
- ◆ What are my positive personality traits?
- ◆ What activities could I be doing to enhance my strengths and talents?
- ◆ What is a significant event that has affected my life?
- ◆ What are my hopes and dreams for the future?
- ◆ What do I want to be when I grow up?
- ◆ What worries do I have about the future?

*Try asking these questions again in a few months.*

*You might be surprised at how your interests have changed and become more focused.*