

Name: _____

Strengths, Interests, & Preferences Worksheet

Strengths - - check those that apply		
<input type="checkbox"/> Reading <input type="checkbox"/> Math <input type="checkbox"/> Writing <input type="checkbox"/> Science <input type="checkbox"/> Social Studies <input type="checkbox"/> History <input type="checkbox"/> Consumer Science – Health, Foods, Child Care <input type="checkbox"/> Art <input type="checkbox"/> Music <input type="checkbox"/> P.E. <input type="checkbox"/> Speech/Drama/Debate <input type="checkbox"/> Technology – Auto, Woods, CAD <input type="checkbox"/> Video Production <input type="checkbox"/> Year Book / School Newspaper <input type="checkbox"/> Computers <input type="checkbox"/> Other: _____	<input type="checkbox"/> Working with hands <input type="checkbox"/> Working with words <input type="checkbox"/> Working with numbers <input type="checkbox"/> Working with computers <input type="checkbox"/> Working independently <input type="checkbox"/> Working cooperatively <input type="checkbox"/> Working with peers <input type="checkbox"/> Working with children <input type="checkbox"/> Working with adults <input type="checkbox"/> Helping others <input type="checkbox"/> Interacting with others – talking, socializing, communicating <input type="checkbox"/> Detail Oriented <input type="checkbox"/> Organized <input type="checkbox"/> Problem solving <input type="checkbox"/> Imaginative <input type="checkbox"/> Other: _____	<input type="checkbox"/> Creative <input type="checkbox"/> Artistic <input type="checkbox"/> Musical <input type="checkbox"/> Demonstrating appropriate behavior <input type="checkbox"/> Completing work on time <input type="checkbox"/> Completing work accurately <input type="checkbox"/> Responsible <input type="checkbox"/> Self-advocacy – asking for help, making needs known <input type="checkbox"/> Following directions <input type="checkbox"/> Public speaking <input type="checkbox"/> Research/Information gathering <input type="checkbox"/> Volunteering <input type="checkbox"/> Learn best by seeing/watching <input type="checkbox"/> Learn best by hearing/listening <input type="checkbox"/> Learn best by touching/doing <input type="checkbox"/> Other: _____

Interests - - check those that apply		
<input type="checkbox"/> Reading <input type="checkbox"/> Math <input type="checkbox"/> Writing <input type="checkbox"/> Science <input type="checkbox"/> Social Studies <input type="checkbox"/> History <input type="checkbox"/> Consumer Science – Health, Foods, Child Care <input type="checkbox"/> Art <input type="checkbox"/> Music – Band, Chorus <input type="checkbox"/> P.E. <input type="checkbox"/> Speech/Drama/Debate <input type="checkbox"/> Technology – Auto, Woods, CAD <input type="checkbox"/> Video Production <input type="checkbox"/> Year Book / School Newspaper	<input type="checkbox"/> Computers – graphics & design <input type="checkbox"/> Computers - keyboarding <input type="checkbox"/> Drama/Acting/Speech <input type="checkbox"/> Games – computer, board games, cards, chess <input type="checkbox"/> Art – drawing, painting, pottery <input type="checkbox"/> Hunting, fishing, trapping <input type="checkbox"/> Outdoors: boating, hiking, <input type="checkbox"/> Community Service/Activities <input type="checkbox"/> Working at _____ <input type="checkbox"/> Cheerleading <input type="checkbox"/> Dance/Drill Team <input type="checkbox"/> Participating in organized sports <input type="checkbox"/> Other: <input type="checkbox"/> Other: _____	<input type="checkbox"/> Racing - cars, go-karts, motocross <input type="checkbox"/> Skating – skateboarding, rollerblading <input type="checkbox"/> Biking – racing, BMX <input type="checkbox"/> Managing school sports team <input type="checkbox"/> Child care <input type="checkbox"/> Post-secondary Education: community college/university/tech-trade school <input type="checkbox"/> Getting a job after high school <input type="checkbox"/> Apprenticeship / On the Job training <input type="checkbox"/> Living independently <input type="checkbox"/> Having a family <input type="checkbox"/> Exercise – jogging, running, walking <input type="checkbox"/> Sports spectator <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____

Preferences - - check those that apply		
<input type="checkbox"/> Reading vs. Writing <input type="checkbox"/> Reading vs. Math <input type="checkbox"/> Writing vs. Math <input type="checkbox"/> Up & doing vs. Sitting & listening <input type="checkbox"/> Working alone vs. Working with others <input type="checkbox"/> Learning by hearing vs. Learning by seeing <input type="checkbox"/> Learning by seeing / hearing vs. Learning by doing <input type="checkbox"/> Living alone vs. Living with others (parents, family) <input type="checkbox"/> Art vs. Technology <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____	<input type="checkbox"/> Desk job vs. Active job <input type="checkbox"/> Inside job vs. Outside job <input type="checkbox"/> Being in charge vs. Doing what you're told <input type="checkbox"/> Working with words vs. Working with numbers <input type="checkbox"/> Having a family vs. Not having a family <input type="checkbox"/> Professional job vs. Blue collar job <input type="checkbox"/> Continuing education after high school vs. Getting a job <input type="checkbox"/> College/university training vs. Technical/trade school <input type="checkbox"/> Staying neat & clean vs. Getting dirty <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____ <input type="checkbox"/> Other: _____	<input type="checkbox"/> Working with words & numbers vs. Working with hands <input type="checkbox"/> Working with children vs. Working with adults <input type="checkbox"/> Working in a quiet, slow-paced environment vs. Working in a noisy, quick-paced environment <input type="checkbox"/> A job with open-ended completion expectations vs. A job with specific deadlines <input type="checkbox"/> Working with computers, printers, copiers vs. Working with drills, saws, wrenches <input type="checkbox"/> A job where you need to talk and interact with others vs. A job where you don't

