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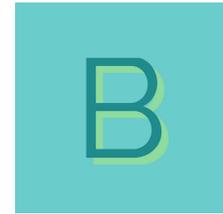
Developing Your Interest List

What are your interests, based on formal and informal study?

(e.g., your college majors, continuing education, in-depth reading, hobbies, etc.)

What are your interests, based on your curiosity and observations?

(e.g., scientific interests piqued by reading, conversations you've had with others, a series you've seen on *The Discovery Channel*, etc.)

What are your interests, based on your practical experiences? (How *do* you like to occupy your time?)

(e.g, the paid/volunteer work you've done, internships, hobbies, long-term pastimes, a one-time or rare hands-on experience that you've remembered and want to duplicate.)

What types of problems are you interested in solving?

(e.g., data, technology, customer concerns, financial, etc.)

Refine Your Interests

1. From these lists of interests, **Circle 3-6** of your highest-priority interests – those that you don't want to live without.

2. **List the circled interests in priority order** as serious contenders for your next career path based on satisfaction with the work, the opportunity to gain some tangible and/or intangible rewards, and the opportunity to advance in knowledge/competence/new skill development, *even if they may not result in a full-time job.*

3. **Research the occupations** in these highest-priority interests, using an online tool such as O*Net (*http://www.onetcenter.org/*), your current knowledge of job possibilities, professional associations, and conversations with people you know (or meet in your research) who share your interests. Don't rule anything out yet.

4. **Consider the two or three principal activities of the occupations** you've researched: where are there parallel tasks? For example, how might you combine your love of history and your love of numbers? Be creative.