Your Interests & Abilities: A Worksheet

Determining your interests and abilities is an important step when it comes to choosing your major. After all, you want to pursue a major that both challenges and satisfies you. By answering the questions below, you’ll have a more complete sense of just what type of major could fit you best.

INTERESTS

- What activities are you drawn to?

- If you had free time in the next 48 hours, what would you choose to do with it?

- What topics do you like to learn about?

- What academic subject matter do you have a passion for?

- What causes speak to you? Why?

- What do you answer when people ask you what you’re interested in? Brainstorm a list right now!
ABILITIES

- What were your best subjects in high school and/or your previous higher ed institution?

- What are currently my best academic subjects?

- What talents have I used in my past jobs?

- What skills do I bring to my extracurricular activities?

- What abilities help me do a good job during community service projects?

- What talents and abilities would I like to develop?
Tuning In...

- What academic topics challenge you?
- What types of class projects do you look forward to?
- What kinds of ideas inspire you?
- What tasks speak to your interests and abilities?
- What kind of work would you be proud to do?