

# Important Questions to Help Understand Values, Interests & Skills

When I read the newspaper what articles are most interesting to me?

When I enter the bookstore or library, what section do I check out first?

When I surf the web, what websites do I look at?

What topics of conversation hold my attention?

When I have free time, how do I spend it?

What parts of my life give me the most satisfaction?

What concerns do I have about my future?

Would I rather have more free time and less money or more money and less free time?

What did I like most about academics in high school?

What student organization would I like to join?

What level of academic achievement is important to me?

What do the people I am close to say I do well?

What do I do better than other people?

What did I like most and least about the jobs that I have/had?

Where have I received recognition or rewards?

What activity leaves me energized?