

WORKSHEET FOR IDENTIFYING INTERESTS, VALUES, AND STRENGTHS

CORNELL CAREER SERVICES

Specifying Interests

Five activities I enjoy are:

Three activities I do not enjoy:

If I had no schedule or financial limitations, this is how I'd like to spend...

...a day: _____

...a week: _____

...a year: _____

I prefer to work with _____ people _____ data or ideas _____ things

Assessing Work Values

Rank	Value	Can I Compromise?		Rank	Value	Can I Compromise?	
___	Achievement	Yes	No	___	Leisure time	Yes	No
___	Contribution to society	Yes	No	___	Congenial co-workers	Yes	No
___	Creativity	Yes	No	___	Routine responsibilities	Yes	No
___	Helping others	Yes	No	___	Status/prestige	Yes	No
___	Financial reward	Yes	No	___	Teamwork	Yes	No
___	Independence	Yes	No	___	Variety	Yes	No
___	Intellectual challenge	Yes	No	___	Other (specify: _____)	Yes	No
___	Job security	Yes	No				

Identifying Strengths

List:

Past Experience	Tasks/Responsibilities	Strengths Used and Developed
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Make a prioritized list of strengths:

Strengths Listed Above	Ways Demonstrated	Priority
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____