



Adolescents will assess and discover their personal interests and skills.



2/5



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4/5



30-45 min



## Activity Overview

### Purpose

Adolescents will assess their personal interests and skills through a self-assessment test.

### Objectives

Adolescents will be able to:

- ▶ Identify their own interests.
- ▶ Recognize their skills and abilities.
- ▶ Explore how their interests, skills and abilities may help them to pursue their priorities and goals.

### Competency domains

Identity and self-esteem; Hope for the future and goal setting.

### Works well for

Adolescents who are ready to learn more about their skills and interests and want to turn them into actions through research, projects, work and community involvement.

### Phase

Connecting.

### Before

No advance activities are required.

### After

Adolescents discuss how they want to use their skills to work together on a project, or when setting or reviewing group goals.

### Preparation

Prepare a flipchart with the self-assessment chart (below) drawn on it.



# Personal Interests Self-Assessment

1

## ||| Facilitator says:

"Have you ever thought about your personal interests and skills? Have you ever thought about where these interests and skills might lead you in life? In work?"

2

## ||| Facilitator says:

"Today we are going to take a self-assessment test." Explain: The facilitator will read a question out loud to the group and adolescents will write down their answer on their assessment sheet.

3

**Read the following instructions and allow adolescents to write their responses after each instruction.** Repeat sections if a participant is unclear or confused. If participants do not know an answer, move on to the next question.

- ▶ Please list all the activities that you do on a daily/weekly basis.
- ▶ Next to each activity that you listed, write down if you do it alone or with others.
- ▶ For each activity that you listed, write down if you like it - indicate if you like it very much, somewhat, or if you somewhat dislike or very much dislike it. Do this for each activity you listed.
- ▶ For each activity you listed, write down if you consider the activity very easy, somewhat easy, somewhat hard or very hard.
- ▶ Give a few minutes for adolescents to reflect on their answers. Encourage adolescents to think about all of the activities they do, including chores, recreation time, socializing with others, studying, and anything else they do.
- ▶ Facilitator says: "Now of the activities you listed, mark your three favourite ones."

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## Sharing and Take Away

Invite adolescents to share their answers if they want to.

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## Discussion:

- ▶ What did you notice or learn as you did this activity?
- ▶ Which of the knowledge and skills that you have gained will be helpful to you in the future?
- ▶ How are the knowledge and skills that you have gained related to your own goals? Did you recognize any skills you would like to develop more, or things you would like to learn more about?





# Personal Interests Self-Assessment

