

# Think About

# YOURSELF

Much of the time, you are following instructions from wise adults who care for your everyday needs. They want to give you a strong foundation for growing into a person who enjoys and contributes to life.

However, you have free time when you may choose what you enjoy doing. Pay special attention to those happy times when you forget to look at the clock because you are having so much fun. Keep them in your

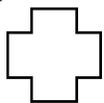
memory (or on paper, if you wish). The choices that are enjoyable to you now can give you good information later about what career paths you might wish to consider and explore.

Use the following questions to help you think about what you like now. Later, when it's time for you to build your own career path, you will have practice in thinking about what you do well and what you enjoy.

## What Would You Rather Do?



Check one choice from each pair. Remember to choose the activity, not your favorite shape! If you have a free afternoon with no assignments from any adult or friend, would you rather:



build a tall, sturdy tower with blocks

*or*



teach a friend how to play a game?



write a play to produce with your friends

*or*

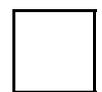


plant flower seeds in some potting soil?

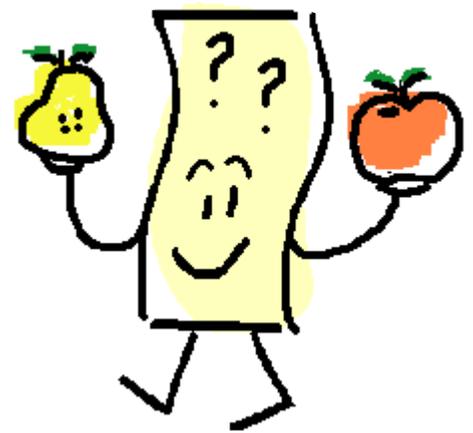


take a treat to an elderly neighbor

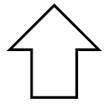
*or*



count the money in your savings bank and plan what to buy?

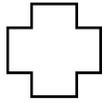


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read a book to a younger child

*or*

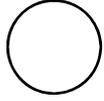


estimate the height of a tree by measuring its shadow?

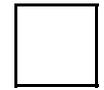


draw cartoon characters

*or*

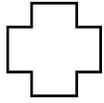


plan a routine for doing aerobic exercise?



brainstorm ways to earn money by working in your neighborhood

*or*

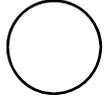


design a paper airplane that will fly a long distance?



start a new plant by setting up a sweet potato in water

*or*



make a list of healthy snacks to buy at the store?



compose a song that would convince your friends not to smoke

*or*



organize seeds from foods and plants by size and shape?



teach a friend how to play a game

*or*



look for different animals in your neighborhood?



help a friend with homework

*or*



collect rain water to test for acid content?



read a book

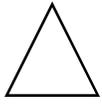
*or*



pick up trash in your neighborhood?



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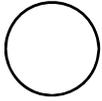


write a story

*or*



help two friends find a solution for a disagreement?

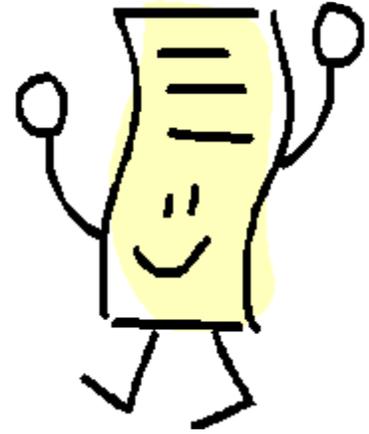


gather information for a family health history

*or*

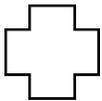


visit the zoo?



design an ad that would convince your friends to eat fruits and vegetables

*or*

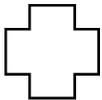


design a storage plan with shelves and cubes to organize toys and games?

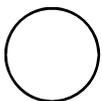
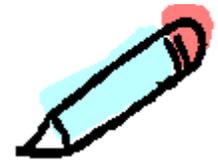


calculate the cost per ounce of your favorite cereal

*or*



build a miniature bridge and test its strength?

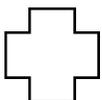


make a chart that shows height and weight for the people who live with you

*or*

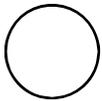


make a list of friends' addresses and telephone numbers to share with those same friends?

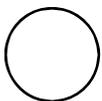


design a school box that will keep your supplies organized

*or*



listen to music that makes you feel relaxed?



plan a menu that includes something from each part of the food pyramid

*or*



make a weekly calendar for your family that includes each person's schedule?

# Count Up the Shapes

Count the number of triangles you checked. Write the total on the line next to the triangle below. Do the same thing for each of the other shapes.

- \_\_\_  (Arts and Communications)
- \_\_\_  (Business, Management and Technology)
- \_\_\_  (Health Services)
- \_\_\_  (Human Services)
- \_\_\_  (Industrial and Engineering Technology)
- \_\_\_  (Natural Resources/Agriculture)

Do you have any numbers from 4-6? You enjoy many of the things a person in this career would enjoy.

Do you have several of the same numbers, such as 2, 3, 4 or 5? That's okay! This indicates an interest in several fields. Many people have careers that follow more than one path. For example, some doctors have their own offices. Their careers combine interests in health and business.

Totals of 0, 1, or 2 indicate that you might not be very interested in this field. However, several 2s may indicate you like to do many things.

Your interests will change many times as you gain knowledge and experience. Continue to work hard and develop your abilities! That's the best way to make sure that you will be successful in any career you choose in the future!