

Strengths, Interests, & Preferences Worksheet

Strengths -- check those that apply

- Reading
- Math
- Writing
- Science
- Social Studies
- History
- Consumer Science – Health, Foods, Child Care
- Art
- Music
- P.E.
- Speech/Drama/Debate
- Public Speaking
- Technology – Auto, Woods, CAD
- Video Production
- Year Book / School Newspaper
- Computers

- Working with hands
- Working with words
- Working with numbers
- Working with computers
- Working independently
- Working cooperatively
- Working with peers
- Working with children
- Working with adults
- Helping others
- Interacting with others – talking, Socializing, communicating
- Demonstrating appropriate behavior
- Completing work on time
- Completing work accurately
- Following directions
- Volunteering

- Information Gathering
- Problem Solving
- Creative
- Artistic
- Musical
- Organized
- Detail Oriented
- Imaginative
- Responsible
- Self-advocate – asking for help, making needs known
- Learns best by seeing/watching
- Learns best by hearing/listening
- Learns best by touching/doing
- Other: _____
- Other: _____
- Other: _____

Interests -- check those that apply

- Reading
- Math
- Writing
- Science
- Social Studies
- History
- Consumer Science – Health, Foods, Child Care
- Art
- Music
- P.E.
- Speech/Drama/Debate
- Technology – Auto, Woods, CAD
- Video Production
- Year Book

- School Newspaper
- Computers – graphics & design
- Computers - keyboarding
- Drama/Acting/Speech
- Games – computer, board games, cards, chess
- Art – drawing, painting, pottery, anime
- Hunting, fishing, trapping
- Outdoors: boating, hiking,
- Community Service/Activities
- Working at _____
- Cheerleading
- Dance/Drill Team
- Participating in organized sports
- Other: _____

- Racing - cars, go-karts, motocross
- Skating – skateboarding, rollerblading
- Biking – racing, BMX
- Managing school sports team
- Child care
- Post-secondary Education: community college/university/tech-trade school'
- Getting a job after high school
- Apprenticeship/ On the Job training
- Living independently
- Having a family
- Exercise – jogging, running, walking
- Sports Spectator
- Other: _____
- Other: _____

Preferences -- check those that apply

- Reading vs. Writing
- Reading vs. Math
- Writing vs. Math
- Up & doing vs. Sitting & listening
- Working alone vs. Working with others
- Learning by hearing vs. Learning by seeing
- Learning by seeing / hearing vs. Learning by doing
- Living alone vs. Living with others (family, parents)
- Art vs. Technology
- Other: _____
- Other: _____
- Other: _____
- Other: _____

- Desk job vs. Active job
- Inside job vs. Outside job
- Being in charge vs. Doing what you're told
- Working with words vs. Working with numbers
- Having a family vs. Not having a family
- Professional job vs. Blue collar job
- Continuing education after high school vs. Getting a job
- College/university training vs. Technical/trade school
- Staying neat & clean vs. Getting dirty
- Creating things vs. Repairing things
- Other: _____
- Other: _____

- Working with children vs. Working with adults
- Working in a quiet, slow-paced environment vs. Working in a noisy, quick-paced environment
- Working at a job with open-ended completion expectations vs. A job with specific deadlines
- Working with computers, printers, copiers vs. Working with drills, saws, wrenches
- Working where you need to talk and interact with others vs. Working where you don't
- Working with words & numbers vs. Working with hands