



What Do I Like to Do: 101 Activities to Identify Interests and Plan Careers

by Janet E. Wall

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Target Audience: Career Development Professionals, Counselor Educators, and Counselors

What Do I Like to Do? is chockfull of practical and creative ideas and reproducible worksheets that help your students and clients understand how their interests influence a myriad of life choices. The book can help you

- Facilitate students' or clients' learning about how interests influence current and future actions and decisions
- Show students how their interests relate to school subjects, majors, hobbies, and out-of-school activities
- Work with teachers to integrate the concept of interests into the school curriculum
- Help students see that interests affect their personal lives and actions
- Connect students' or clients' interests to education programs, online courses, and training activities
- Involve local employers in your career development program
- Help students plan careers
- Find additional resources for your career development program
- Select a published interest inventory for your program
- Get a quick idea of student interests without using a published inventory

The activities come with specific instructions for using them to teach measurable outcomes. They can be done at school or at home; may involve teachers, employers, family members, and friends; and are suitable for individuals, teams, or large groups.

Use this book to incorporate interests into **career planning, academic, and personal-social development programs** to help students and clients better understand themselves and how their characteristics matter to their future decision-making and life planning. The contents of this book are consistent with **Vision Into Action: National Standards for School Counseling Programs** and the new **National Career Development Guidelines**.

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