Sometimes it’s difficult to think about what you would like to do. Here is a list of things that might help you to identify some possible interests and involvements.

1. To start off, go through the following lists and circle anything that you like or seems to attract you (whether or not you know anything about it), and cross out any that you want to avoid (like it really turns you off). It’s just as important to know what you don’t like as it is to know what you don’t.

**INTERESTS**

<table>
<thead>
<tr>
<th>Africa</th>
<th>Health issues</th>
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<tbody>
<tr>
<td>American domestic issues</td>
<td>The Internet and media</td>
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<tr>
<td>Immigration</td>
<td>The Middle East</td>
</tr>
<tr>
<td>Legal system (courts, prison system, death penalty)</td>
<td>The military</td>
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<tr>
<td>The media</td>
<td>Natural disasters</td>
</tr>
<tr>
<td>Politics and elections</td>
<td>Nuclear weapons</td>
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<tr>
<td>Asia</td>
<td>Poverty</td>
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<tr>
<td>Class and race issues</td>
<td>Religion</td>
</tr>
<tr>
<td>Crime</td>
<td>Social security</td>
</tr>
<tr>
<td>Drugs</td>
<td>South America</td>
</tr>
<tr>
<td>Energy</td>
<td>Sports</td>
</tr>
<tr>
<td>The entertainment business</td>
<td>Terrorism</td>
</tr>
<tr>
<td>Gay, lesbian, bisexual and transgender issues</td>
<td>War and peace</td>
</tr>
<tr>
<td>Globalization</td>
<td>Women's issues</td>
</tr>
<tr>
<td>Global warming, environmental issues</td>
<td>Other: _____________________________</td>
</tr>
</tbody>
</table>

**SCHOOL AND OUT OF SCHOOL ACTIVITIES**

| Academic competitions          | Future Farmers of America       |
| Scholars’ Bowl, Science fairs, Science Olympiad, etc. |                                 |
| Academic clubs                 | Journalism                      |
| NHS, California Scholarship Foundation, etc. | Newspaper |
| Art activities                 | Literary magazine              |
| Boy and Girl Scouts            | Language clubs                  |
| Business clubs                 | (French, Spanish, German, etc.) |
| Community service              | Model United Nations            |
| Chess                           | Music                           |
| Computer groups                | Choir                           |
| Dance (drill)                  | Independent lessons            |
| Drama and theater              | Jazz band                       |
| Actor                          | Orchestra                       |
| Stage manager, crew            | Marching band                   |
| Set constructor                | Religious activities and groups |
| Singer/dancer                 | Speech and debate               |
| Environmental groups           | Spirit activities               |
| Ethnic groups                  | Student council                 |
| Chinese American, Korean American, MECHA, etc. | Tutoring                        |
| Exchange student               | Writing clubs                   |
| Film activities and groups     | Yearbook                        |
| Future Business Leaders of America | Young Democrats             |
|                                 | Young Republicans               |
|                                 | Other: _____________________________ |
SPORTS

Archery
Badminton
Baseball
Basketball
Biking
Body boarding
Bowling
Boxing
Canoeing
Cricket
Cross-country
Equestrian sports
Fencing
Field hockey
Figure skating
Football (flag and regular)
Golf
Gymnastics
Hiking
Ice hockey
Kayaking
Lacrosse
Martial arts
Racquetball
Rafting
Riflery
Rock climbing
Rodeo
Roller hockey
Rowing
Rugby
Sailing
Scuba diving
Skateboarding
Skiing
Snowboarding
Soccer
Softball
Spirit (cheer)
Sports management
Squash
Surfing
Swimming and diving
Table tennis
Tennis
Track and field
Ultimate Frisbee
Volleyball
Water polo
Water skiing
Weight-lifting
Windsurfing
Wrestling
Yoga
Other: _____________________________

COMMUNITY SERVICE

Amnesty International
Animal care center
Beach clean-up
Boys and Girls Clubs
Cancer camp
Community service board
Disabled services program
Disease based group (Cancer, Diabetes, etc.)
Endangered species projects
Environmental issues
Food drives
Foster children’s groups
Fundraising for a cause
Habitat for Humanity
Homeless schools and shelters
Hospitals
Humane society
Hunger Project
Key Club
Kids Korps
Make A Wish Foundation
Literacy projects
National Charity League
Political campaign
Public library
Recycling project
Red Cross
Retirement and nursing homes
Rummage sales
Students Against Drunk Drivers (SADD)
School Ambassador
School orientation volunteer
Senior Olympics
Special Olympics
Teens Against Tobacco Use (TATU)
Usher, volunteer Arts group
Voter registration
Walks and runs for causes
Other: _____________________________
WORK

Amusement park or zoo employee
Band member or music group
Box boy/girl at grocery store
Caddy at golf course
Camp counselor
Cashier
Cat, dog, house sitter
Childcare/babysitter
Clerical or secretarial work
Coffee shop or restaurant worker
Computer tech
Fast food preparer, ice cream server
Gardener
Help an elderly person

SPECIAL SKILLS, TALENTS, HOBBIES & INTERESTS

Acting
Animal care
Art
  Arts and crafts
  Basketry
  Batiking
  Calligraphy
  Ceramics
  Drawing
  Fabric arts
  Fashion design
  Glassblowing
  Graphic arts
  Illustration
  Jewelry making
  Macramé
  Metal working
  Painting
  Photography
  Sculpture
  Weaving
  Woodworking
Backpacking
Blacksmithing
Carpentry
Cattle driving
Caving
Circus arts (clowning, trapeze artist)
Climbing
Computers
  games, design, graphics, websites, animation, etc.
Construction
Cooking

Intern
  law office, veterinary office, business, etc.
Lifeguard
Office worker
Painter
Receptionist
Research assistant
Retail sales person
Sports instructor
Teaching assistant
Tutor
Waiter/waitress
Water sports instruction
Other: _____________________________

Cross cultural involvements
Dance (ballet, folk, jazz, modern, tap, etc.)
Film and theater
  Cinematography
  Costume design
  Directing
  Editing
  Lighting
First Aid
Fishing
Flying
Gardening
Hang gliding
Juggling
Knitting and sewing
Leadership
Lifesaving
Magic
Modeling
Music (Classical, folk, jazz, rock, etc)
  Chorus
  Chamber
  Classical
  Musical theater
Puppetry
Outdoor and wilderness skills
Quilting
Robotics
Rocketry
Writing
  Playwriting
  Screenplay writing
Other: _____________________________

Other: _____________________________

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2. Now go back to the circled items on the above lists and rate how interested you are in each one of them on a scale from 1–10 (1 = a little interested, 10 VERY interested).

3. Write down the ten highest numbered items.

1. ________________________________

2. ________________________________

3. ________________________________

4. ________________________________

5. ________________________________

6. ________________________________

7. ________________________________

8. ________________________________

9. ________________________________

10. ________________________________

4. If something jumps out at you immediately, then just do it, act on it, or at least find out how you can find out more about it.

5. If something sounds interesting, but you’re not sure about it or how to get involved, then talk with other students, or your parents and other family members, or your high school counselor, a teacher, perhaps someone who is already doing it and ask them to help you find out what it’s all about or about what you might do.

6. Another way of getting information is to do an Internet search with the likes of Google or Yahoo.

7. Go talk to someone who is already doing what you think you might want to do.

8. Once you find an activity you like, then find a way of learning how to do it, joining it or getting otherwise involved. If you like it, then hooray for you. If you don’t, then go onto something else on your top ten list.