

# Activity 36

## Abilities and Options

**Directions:** Knowing what your abilities are will help you narrow your choice of career, and avoid choosing a career in which you would be unhappy. Answer the questions below to discover more about your abilities.

1. Which subjects do you enjoy most?

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2. What leisure-time activities do you enjoy?

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3. What are some things that other people say you are good at?

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4. What are your special skills and talents?

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5. What kinds of career options seem like a good match to your abilities? \_\_\_\_\_

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### Creating a Career Portfolio

**Directions:** A career portfolio contains examples of your skills, experiences, and qualifications. Identify items to use in your career portfolio and list them on a separate sheet of paper. If you have not collected many items, list those that you could add to your career portfolio later on.