

Know Yourself First

Your interests, strengths and priorities: the starting point for choosing a career after Class 12

Name _____ Class / section _____ Date _____

There are no right or wrong answers here. This sheet is for you, so be honest. You will use it to build a shortlist you can actually explore.

PART A Three things I genuinely enjoy

Think about school subjects, hobbies, clubs, or anything you lose track of time doing.

Subject or activity	Why I enjoy it	Courses or careers this might connect to

PART B My strengths: honest, not modest

Circle a number (1 = still developing, 5 = a real strength). Add an example of when you used the skill.

Skill	Rating	An example from my life
Solving problems	1 2 3 4 5	
Communicating (speaking and writing)	1 2 3 4 5	
Creativity and design thinking	1 2 3 4 5	
Analysing data or information	1 2 3 4 5	
Working with people	1 2 3 4 5	
Hands-on or practical work	1 2 3 4 5	
Leading and organising	1 2 3 4 5	
Paying attention to detail	1 2 3 4 5	

PART C What matters most to me

Rank the five factors from the article: 1 = most important to me, 5 = least important.

Factor	Rank	The question I need to answer	My thoughts
Interest		Which subjects and activities do I genuinely enjoy?	
Aptitude		Where am I strongest: problem-solving, communication, creativity, analysis, people?	
Eligibility		Does my Class 12 stream meet the course's subject requirements?	
Cost and duration		Can I manage the tuition fees, living costs and years of study?	
Future opportunities		What further qualifications, internships or skills will I need?	

PART D My first shortlist

List 3 to 5 careers or courses that feel worth exploring. You do not have to be sure yet.

#	Career or course	Why it could suit me	One thing I still need to find out
1			
2			
3			
4			
5			

Finish this sentence: "The career idea I am most curious about right now is ... because ..."

Next step: take your shortlist to Worksheet 2 (Course Comparison Grid) and compare up to three options side by side.