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● UNDERSTANDING MYSELF AND MY OPTIONS



# Knowing About Myself



## Learning Outcomes

The information in this career resource will:

- Develop your understanding of the importance of knowing your interests and knowing your abilities for making career and course decisions.
- Describe some ways to clarify your career interests.
- Outline some ways to identify your abilities.

### Knowing About Myself: Interests and Abilities

When you are preparing for making choices about future course and career options, it is important to clarify what you already know about yourself and to engage in activities and experiences that will lead to greater self-understanding.

When thinking about your future career options and courses, it is important to be able to answer these two questions:

- What occupations and courses will I enjoy?
- What occupations and courses do I have the abilities to succeed in?

To understand what occupations and courses you are likely to enjoy, you need to know your interests. To understand what occupations and courses you are likely to succeed in, you need to know your abilities.

