

My interests

Aims

- To support pupils to explore their interests and why they are important

Learning intention

- I will learn about interests and how they can influence choices

Success criteria

- I can identify my interests and know how they can help me in the future

Before you start

- Go to myworldofwork.co.uk and register as a primary teacher and familiarise yourself with the My interest quiz which you can access via your account
- Register your class to use myworldofwork.co.uk/primary
- Consider completing [Animal me 1](#) activity before this activity

Resources and downloads

- ICT facilities
- [PowerPoint presentation](#)

Duration

These are suggested timescales and will vary dependent on your group:

30 - 60 minutes

Suitable for

This activity is suitable for Second level

My interests

Suggested activities

Intro to interests

- Discuss what are interests? Examples include sport, leisure activities, socialising, hobbies, and voluntary work
- Discuss in pairs or as a class what interests and hobbies class members have
- Explain to pupils that it can be useful to prioritise your interests into those which you really enjoy and those which are less important to you and to consider the reasons for this. Pupils can identify their top three interests

My interests quiz

- Ask pupils to go to myworldofwork.co.uk/primary and log in
- Explain that they are going to explore their interests further using My interests. Pupils should select My interests and complete the quiz. They should pick things they'd enjoy and their answers will be used to build up a picture of who they are
- Once completed, everyone will get their results from the quiz with information about themselves
- Ask how they might use their interests to help them in their future e.g. to evidence relevant experience/skills they have for a position they might want to apply for at school or to help them choose what subjects they want to study in the future

Next steps and related activities

- Pupils discuss results from the quiz at home with their parents or carer
- Pupils can go to myworldofwork.co.uk/primary and use their Profile to record what skills they have used taking part in this activity
- Consider completing [Skills and qualities](#) activity next



My interests

Career Management Skills

Career Management Skills	Self	I am aware of how I change and grow throughout life
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Experiences and outcomes

Health and wellbeing across learning	Planning for choices and changes HWB 2-19a Opportunities to carry out different activities and roles in a variety of settings have enabled me to identify my achievements, skills and areas for development. This will help me to prepare for the next stage in my life and learning.
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Career Education Standard 'I can' statements

Second level	<ul style="list-style-type: none">• I can use online tools available to me• I own and can manage my profile and can use it to help me discuss my interests, strengths and skills with my parents/carers and others.
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