

# My Interests

## Lesson plan

### Aim

To help young people to understand their likes and dislikes in and out of school.

### Mapping

CES 'I Can' Statements	CMS Themes & Competencies
★ 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	★ Self: I develop and maintain a positive self-image

### Learning Outcomes

Young people will understand:

- what they like and why
- how this can help them to make career decisions

### Development of Activity

#### Introduction

This activity gives the young people a range of school subjects and hobbies to think about. It asks them to go through the list, choose the ones they like and give a reason.

#### Instructions for the young person

You can use these instructions for your young people to explain the activity.

There are two worksheets for this activity. One for mainstream school subjects and another Easy Read version for young people in ASN schools or bases. You can choose the one that is best for your pupils.

A work-around has been included for those who can't print the worksheet. You can give this option to young people at the time and in the way you think best.

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### **Before you start**

- ★ Print the 'Things I like' worksheet or ask someone to print it for you
- ★ If you can't print it, use pieces of paper. Write "Things I like" at the top on one side. On the other side, write "Things I don't like".

### **Activity instructions**

- ★ Think about the subjects you do at school and about your hobbies
- ★ Complete the worksheet "Things I like" using the printed worksheet

### **Using the worksheet**

- ★ Work through the list of school subjects and hobbies. Think about whether you like or dislike each one
- ★ Think about why you like it or don't like it. There is space next to each subject or hobby to write your reason
- ★ Think about what you have learned about yourself.

### **Using a sheet of paper**

- ★ Think about school subjects and hobbies you like. Add them to the 'Things I like' side of your paper. You can write or draw
- ★ Think about why you like them. Write the reason next to each subject or hobby you added
- ★ Now, think about school subjects and hobbies that you don't like. Add them to the 'Things I don't like' side of your paper. You can write or draw
- ★ Think about why you don't like them. Write the reason next to each subject or hobby you added
- ★ Think about what you have learned about yourself.

### **Follow-up**

The young person should talk to their family or friends about what they have learned about themselves and how this can help them to make career decisions.