

## What Subjects Do You Enjoy?

Take a moment to reflect upon those subjects that you have completed both in high school, and in college up to this point, or the courses in which you are currently enrolled. Think about which courses and subjects you really enjoyed taking and those in which you found an interest. List those subjects/courses in the left hand column below.

<b>Subjects/Courses you enjoyed or found an interest in:</b>	<b>Ability (1-10)</b>
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_____	_____
_____	_____
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_____	_____
_____	_____
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What was it about those courses that you enjoyed or liked?

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Next, think about how strong you would rate your abilities in those subject areas from 1-10 (10 being the highest) in the column at the right above. Are there any subjects or courses in which you need to improve upon your skills and abilities in order to be successful? Are there others in which you excel?

And, on the flip side, list below those subjects/courses in which you were bored, frustrated, confused, and/or did not like.

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What was it about those courses that you did not enjoy or did not like?

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