Name: Date:

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| **Dreams and Goals:** What do you hope your life looks like in 3 to 5 years? What do you really want to learn or do? What is your dream job? | **Interests:** What activities are you enthusiastic about? Do you have hobbies? What are your passions? |
| **Talents, Skills and Knowledge:** What are you good at? What are your natural gifts? | **Learning Styles:** How do you learn best? Tell me about a thing you had learnt successfully |
| **Values:** What is important to you? What things guide your life? | **Positive Personality Traits:** What do people compliment you on? What makes you a good friend ?  |
| **Environmental Preferences:** Do you refer to work alone? With people? Outdoor or indoor? In a silent place or noisy? | **Dislikes:** What type of jobs would you not like. What kinds of things do you hate? Any “deal-breakers” or limitations? |
| **Work Experiences:** Talk about your previous work places what did you learn there? | **Support System:** Who helps you when you face difficulty? Who might give you an advice? |
| **Specific Challenges**: Do you have specific difficulties that might impact your process? | **Solutions and Accommodations:** Have you tried to deal or overcome these difficulties? |
| **Career Ideas, Community Connections and Possibilities to Explore:** |