
WITHIN REACH

Helping Your Children Identify Interests

To help your children identify their interests, ask them to list *their*:

- least and most interesting school subjects
- favorite and most effective ways to study
- style of working/studying (individually or with others)
- best time of day to work/think

One way to help children recognize their skills and unique attributes is to create a list yourself. Sharing your observations with children may help them realize qualities in themselves they didn't see before.

Once you get the ball rolling, ask your children to write their own list, such as their personal strengths:

- I do my chores without supervision.
- I am good at verbal communication.
- I am good at drawing.
- I like working on a team.

For more information, check out the Interest Profiler at: NextSteps.idaho.gov/interest-profiler