How do my interests and values affect my future work?

Ten Things I Love to Do

**Summary**  Students look at their interests to gain an understanding of how they are developing work values.

**Objectives**  Students will...
- Recognize their interests and values.
- Extend their values to possible work values.

**Preparation**  Make an overhead of the Ten Things I Love to Do worksheet. 
Optional: Complete a worksheet to use as a sample and make an overhead from it.

**Materials**  Ten Things I Love to Do worksheets (two sheets back-to-back) 
Optional: Star stickers

**Computer Use**  None

**Subject Areas**  Any

**Time Required**  45 minutes

**Group Size**  Individuals and pairs

**Steps**

1. Distribute Ten Things I Love to Do worksheets and ask students to list ten things they love to do on their copy of the worksheet. (If students completed the Follow My Heart activity, they may use the list generated in that activity.)

2. Instruct students to place a star or star sticker by those they most value and enjoy.

3. Show students the overhead of the blank worksheet and ask them to go to the column marked “Alone/With People” and place an “A” next to those activities they prefer to do alone and a “P” next to those they prefer to do with people.

4. Under the column headed “Mother/Father/Both” ask students to put an “M,” “F,” or both if this is an activity that their mother and/or father do.

5. Under the column headed “$” ask students to put a “$” if the activity costs $15 or more to do.
6. Under the column headed “More Education” ask students to indicate if they would enjoy this activity more with more education or training by writing “Yes” “No” or “Maybe”.

7. Under the column headed “Indoors/Outdoors” ask students to indicate if they would prefer to do the activity indoors or outdoors.

8. Under the column headed “Rank #” ask students to rank in order their top three activities and indicate what they value most about that activity.

9. Ask students to discuss in groups of two what they learned about their interests and their underlying values. Any surprises?

10. Ask students to discuss patterns they noticed - for example, mostly with other people, mostly expensive, mostly like Mom’s likes.

11. Discuss with the whole class the concept of our values and how they influence our choices, how family influences diminish as we grow older, and how we may become more tolerant of differences in values.

VARIATIONS
1. Use fewer columns for special needs students.

ALLIED ACTIVITIES
Interest Card Sort
Follow My Heart
Using CIS Occupation Sort

ASSESSMENT STRATEGIES
Students will:
• Complete the Ten Things I Love to Do worksheet

STUDENT WORKSHEETS
Ten Things I Love to Do

OVERHEADS
Ten Things I Love to Do (overhead of worksheet)

PORTFOLIO
Ten Things I Love to Do worksheet

SORTING
► Subject: Any
► Grade Levels: 6, 7, 8, 9
► CIS Components: None
**STANDARDS**

*Career-Related Learning Standards:*
- Career Development

**SCANS:**
- Interpersonal, Personal Qualities

**NCDG:**
- Understanding the influence of positive self-concept

**ASCA:**
- Career Development, Personal and Social Development

**EDUCATIONAL GOALS**

*Bloom's Taxonomy:* Comprehension

*Intellectual Operation:* Summarization, Illustration, Prediction
Ten Things I Love to Do

Name ___________________________       Date _____________

Follow your teacher’s instructions for coding each item and complete each column before going on to the next. The purpose of these codes is to help you discover patterns in those things you enjoy doing.

<table>
<thead>
<tr>
<th>10 Things I Love to Do</th>
<th>*</th>
<th>Alone/With People</th>
<th>Mother/Father/Both</th>
<th>$</th>
<th>More Education</th>
<th>Indoors/Outdoors</th>
<th>Rank # Value</th>
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</tbody>
</table>
Review your list. Think about your responses and complete the following sentences.

I learned that my activities reflect these values: ________________________________
__________________________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
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I was pleased that I _________________________________________________________
__________________________________________________________________________
__________________________________________________________________________
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I was not pleased that  I _____________________________________________________
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