

In this activity, students will begin with a reflection on their own general interests. Afterwards, students will log into their myBlueprint account, complete the **Who Am I Interests** assessment and answer reflection questions pertaining to their results.

Teacher Led		Requires Computer	X	Requires myBlueprint.ca	X
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LEARNING GOALS:

1. Students will reflect upon their own interests and learn how those interests relate to work.
2. Students will discover and explore different career opportunities that match their interests.

MATERIALS:

- Computers, tablets, mobiles devices
- **Handout [A] - Reflection**
- **Handout [B] - My Interests**

GETTING STARTED:

1. Have students visit www.myBlueprint.ca, click **Log In** (in the top right-hand corner), and enter their email and password.
 - **Forgotten password?** Students can reset their passwords by clicking 'Forgot password?'
 - **Forgotten email?** As a teacher/counsellor, you can reset your students' emails and passwords in your **Student Manager** or **Classes**.

INSTRUCTIONS:

1. Provide students with **Handout [A] - Reflection** to reflect upon their interests and how those interests can be applied to a career. Students may work independently and write down their answers or work in pairs, explaining their answers verbally.
2. Have students log in to their myBlueprint account and complete the Interests assessment (*48 questions*) and answer the questions in **Handout [B] - My Interests**.

HANDOUT [A] - REFLECTION

What are some of your interests? Briefly explain why you enjoy each one.

1. _____

2. _____

3. _____

What are some occupations/careers you are considering? How do they relate to your interests?

1. _____

2. _____

3. _____

HANDOUT [B] - MY INTERESTS

1. Select **Who Am I** from the menu navigation on the left hand side of the screen
2. Complete the **Interests** assessment by clicking **Start Survey**
3. Once completed, click **View Report** and answer the following questions

What is your interest type? _____

Do you agree with the description of your interest type? YES NO SORT OF

What are your primary and secondary interest traits?

What are three of the occupation matches listed in the **Match Results tab**? Would you enjoy these careers? Why or why not? (**HINT: Complete the **Compatibility Survey** by clicking 'Get Started' to learn more about an occupation*)

1. _____

2. _____

3. _____

What do these occupation matches have in common with your interest traits (Click **View Report** and read about your top two interest traits)?

