

# FIND THE COURSE RIGHT FOR YOU

**Finding the right course for you depends upon knowing yourself. Here are some activities to help you think about your strengths and interests.**

## REVIEW YOUR STRENGTHS AND INTERESTS

We suggest that you think about your strengths and reflect upon the types of activities you enjoy doing and those you dislike.

As you will discover new things and your strengths and interests may change, It's a good idea to review this activity regularly.

How much do you enjoy:	Love it	Like it	It's okay	Not really	Hate it
Doing things outside	<input type="radio"/>				
Helping others	<input type="radio"/>				
Working with technology	<input type="radio"/>				
Organising things	<input type="radio"/>				
Caring for people	<input type="radio"/>				
Talking to other people	<input type="radio"/>				
Finding out how things work	<input type="radio"/>				
Being creative	<input type="radio"/>				
Building things	<input type="radio"/>				
Working in a team	<input type="radio"/>				
Working on your own	<input type="radio"/>				

## SET OR REFINE GOALS

Goals are things you would like to achieve. They can be long-term goals for well into the future, short-term goals to achieve in the next year or two or mid-term goals in the middle.

Often long-term goals have mid-term and short-term goals that lead to them. You can set goals for all kinds of things, including career goals, goals for personal interests, experiences, and the way you want to live your life. Often career and personal goals depend upon each other.

### Long-term goals

Imagine your future life and where you would like to live, the experiences you would like to have, and what you want to do for work. The things you were imagining could be your **long-term goals**.

### My long-term goals

### Medium-term goals

Next consider some **mid-term goals**. In most cases these will include the course you want to study, which will hopefully lead to your long-term goals.

### My medium-term goals

### Short-term goals

Finally, think about the **short-term goals** you want to achieve before you can obtain your medium-term goals, ie. completing prerequisite studies.

### My short-term goals

## WRITE YOUR PERSONAL COURSE CRITERIA LIST

You may already have a comprehensive check list of the criteria that your ideal course needs to meet. Criteria could include study opportunities, distance from home, campus lifestyle, costs and more. Add to this list as you continue to research courses.

### My course criteria list

Criterion 1	
Criterion 2	
Criterion 3	
Criterion 4	
Criterion 5	
Criterion 6	
Criterion 7	
Criterion 8	
Criterion 9	
Criterion 10	