

## Activity 1—Interest inventory

This activity is intended for teens and/or young adults with high-functioning autism or Asperger syndrome

Figuring out what you want to do after high school is an important task, and you will have plenty of time to make these decisions. This activity is a good first step as to help you focus on what you like to do. This will help you set goals for the future.

1. My favorite class(es) in school is/are \_\_\_\_\_  
because \_\_\_\_\_.
2. My least class(es) in school is/are \_\_\_\_\_  
because \_\_\_\_\_.
3. Outside of school assignments, I read books about \_\_\_\_\_.
4. I watch TV shows or movies about \_\_\_\_\_.
5. In my spare time I enjoy \_\_\_\_\_.
6. I like \_\_\_\_\_ type(s) of music.
7. The Web sites that I like to access include:  
\_\_\_\_\_  
\_\_\_\_\_.
8. If I had more time and money, in my free time I would \_\_\_\_\_.
9. I have always wanted to \_\_\_\_\_.
10. The person I admire the most is \_\_\_\_\_ because \_\_\_\_\_.

11. Activities that I have been involved in include (examples: clubs, community activities, sports)

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12. Activities that I do not enjoy participating in include \_\_\_\_\_

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13. I prefer the kind of environment where (examples: that is quiet, there are people that I know)

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14. When working in groups, I prefer group members who are (examples: nice, helpful, hardworking)

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15. After high school, I might like to \_\_\_\_\_

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**One Step Further (Optional):** You can use magazines, newspapers, catalogs, or drawings to find pictures that represent your answers to the questions above. Paste these pictures onto a posterboard. You can use this visualization board to focus on what you like, get ideas for essays, and remind yourself of your future goals.

