

Personal Inventory

WORK SHEET

Take a look at who you are now and what skills and interests you want to build on during your college years. As you complete this worksheet, be as honest as you can – this inventory is for you, not others. If you have trouble coming up with at least five current strengths and weaknesses, try asking a few close friends and your family for help. Use the back of this page to set some goals and maybe even do a little dreaming!

DATE:	CURRENT STRENGTHS	WEAKNESSES
PERSONAL CHARACTERISTICS		
ACADEMIC SKILLS AND SUBJECTS		
INTERESTS		

DATE:	OVER THE NEXT FOUR YEARS I WANT TO DEVELOP:	SKILLS OR ACTIVITIES I'D LIKE TO TRY:
PERSONAL CHARACTERISTICS		
ACADEMIC SKILLS AND SUBJECTS		
INTERESTS		

3D Exercise: Do-Donate-Demonstrate

Develop Your Emerging Interests into a Passion

Colleges look for students who have demonstrated a passion or commitment to an interest throughout their high school years. Create a common focus or theme to strengthen your profile. For example, play baseball (**DO**), volunteer to coach youth (**DONATE**), and give batting lessons to earn money (**DEMONSTRATE**). Finding ways to demonstrate your interests will enable your college application to stand out!



DO:

DONATE:

DEMONSTRATE: