



# KALPAVRUKSHA MODEL SCHOOL

## ONLINE CLASS ASSIGNMENT

**Class: X**

**Sub: Information Technology (PART A)**

**Date: 08.06.2020**

**Topic: Self-Management Skills**

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### **Worksheet - My Interests and Abilities**

**Individual Activity: Interests and Abilities Worksheet**

#### **Procedure**

- Each student has to complete the given worksheet, containing a list of statements and questions.
- Each student has to be real and honest when filling the worksheet as it is for their own understanding of themselves.
- If they are not real and honest, they will get incorrect results about their own interests and abilities.

<b>My Interest and Abilities</b>	<b>Details</b>
I am happiest when	
My idea of a perfect day	
Five things I really enjoy doing	
Three things I like to do every day	
I am most passionate about	
Ideas or issues I care deeply	
If I had the talent or ability, I would	
If I could choose any job, it would be	
The three activities that I love to do?	
How often do I do them?	
What stops me from doing the activities more often?	