

# Intressekort

**Intressekort/Interest cards can be used by the counselor during individual conversations, group discussions, and in classroom settings. The cards are designed to inspire and open up conversations about interests, professions, and the future.**

The goal is to help students better understand their own motivations and interests. By identifying their interests, they can receive guidance towards a career that they will enjoy.

Mentors can effectively use the cards during development discussions to inspire students and talk about the future. The deck can also be used in other contexts where discussions about how interests can be connected to careers and the future are desired.

## Choices

To make well-informed choices for the future, students need to get to know themselves. Regardless of what they want to do in the future, it's important for them to discover what they are good at and what they enjoy doing. It's also essential to understand what skills they need to improve and if there are abilities they want or need to develop. The cards can hopefully help increase students' motivation for their schoolwork by connecting interests and skills to their own future.



## Here are some examples of how Intressekort can be used:

### What are your interests?

- Spread out all the cards and quickly choose the five that best match your interests and what you enjoy doing.
- Look at the cards you've selected and think about how the interests and skills they represent could be useful in a job. Try to connect each interest to at least one profession.
- Is there any of these interests that you would like to work with in the future?
- Describe a situation or task within a specific profession where that interest and the related skills would be beneficial.

### What don't you like?

- Distribute seven randomly chosen cards.
- Which of these seven cards are not interesting to you?
- Why are they not interesting?
- What types of jobs would suit someone who is interested in the cards you chose to discard?
- What conclusions can you draw from this? What does it mean for you? Is there a job you would like that would require you to develop new interests or skills?

### Interests and Traits

Someone in the group draws an Interest Card. What qualities is it likely that a person with that interest has? Is there a job where these qualities would be beneficial?

*Examples of qualities:* Analytical, caring, meticulous, methodical, talkative, artistic, reserved, proactive, cautious, curious, helpful, reliable, economical, good at listening, multilingual, skilled in math, knowledgeable about using computers, persistent.

### Sort Interests

The student sorts the cards into three piles:

- Very interesting
- Somewhat interesting
- Not interesting

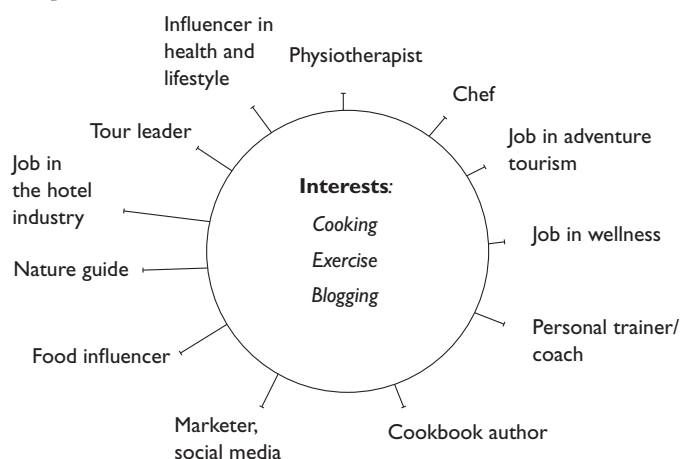
You discuss the cards in the "very interesting" pile and identify which areas might be worth exploring further for future education or jobs.

It can also be interesting to look at the "not interesting" pile. Why are those interests not appealing, and what does that mean?

### Many Interests for one Profession

The exercise can be done in a group or individually. Someone draws three cards from the deck and places them on the table. The first person to come up with a job where two or three of the interests on the table could be useful says their name and explains how those interests can benefit the chosen profession. It's a good idea to document this by creating a mind map. If someone thinks of another job, the activity continues until no more jobs are suggested. Then, two or three new cards are drawn.

*Exemple:*



### Jobbkort + Intressekort (Job Cards + Interest Cards)

This exercise requires both *Jobbkort* and *Intressekort*.

Draw 10 *Intressekort* and 10 *Jobbkort* and lay them on the table. Create groups by pairing interests with jobs. Explain how the interest could be useful for the chosen job.

Have someone draw a *Jobbkort*. Browse the *Intressekort* and select two or three cards where the interest could be beneficial. Explain why.