



# **Jiva Career Guidance Workshop**

**Developed for Indian Students by  
The Promise Foundation, Bangalore**

## **SELF UNDERSTANDING: INTERESTS, APTITUDES AND CAREER BELIEFS**



# Understand Myself? How do I do that?

- Look in the mirror?
- Look at the stars?
- Look at my marks?
- Think deeply?



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- Look in the mirror?
- Look at the stars?
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- Think deeply?



**Find your:**  
Interests, Aptitudes and  
Potentials...  
and know your Career  
Beliefs



# Self Understanding: **Interest** and **Aptitude**

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# Self Understanding: **Interest** and **Aptitude**

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# Self Understanding: **Interest** and **Aptitude**

## Interests are:

- Activities that draw a person's
- Things that a person is  about.
- Matters a person wants to  further.
- Activities that a person considers
- Activities that do not  person.
- Affected by

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# Self Understanding: **Interest** and **Aptitude**

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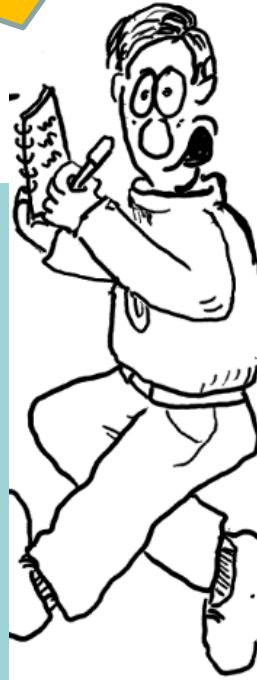


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## Aptitudes are:

- Activities that you are  good at.
- Activities for which you have a high
- Activities that you can do
- Activities that you do not find
- Activities at which you usually
- affected by external by influences

# Self Understanding: **Interest** and **Aptitude**

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## Aptitudes are:

- Activities that you are **NATURALLY** good at.
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## Aptitudes are:

- Activities that you are **NATURALLY** good at.
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## Aptitudes are:

- Activities that you are **NATURALLY** good at.
- Activities for which you have a high **CAPABILITY**.
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- Activities that you do not find
- Activities at which you usually
- affected by external by influences



# Self Understanding: **Interest** and **Aptitude**

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## Aptitudes are:

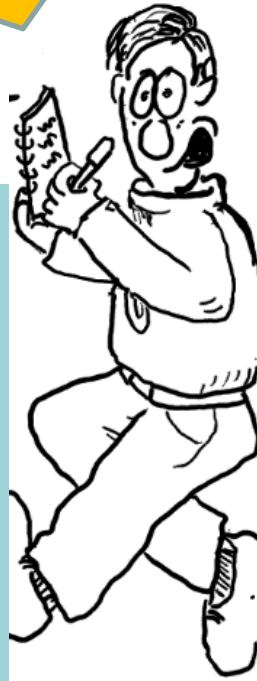
- Activities that you are **NATURALLY** good at.
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- Activities that you do not find **DIFFICULT**.
- Activities at which you usually **EXCEL**.
- affected by external by influences

# Self Understanding: **Interest** and **Aptitude**

**INTEREST**



What I like,  
love and  
enjoy!

# Self Understanding: **Interest** and **Aptitude**

**INTEREST**



What I like,  
love and  
enjoy!

**APTITUDE**



What I do  
well and am  
naturally  
good at!

# Interest or Aptitude?

Activity	Interest or Aptitude?

# Interest or Aptitude?

Activity	Interest or Aptitude?
Activities you are <b>naturally</b> good at	

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Matters a person wants to <b>pursue</b> further	<input type="text"/>
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<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>



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<input type="text"/>	<input type="text"/>
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<b>Affected</b> by external influences	<b>INTEREST</b>

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Activities that do not <b>bore</b> a person	

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<input type="text"/>	<input type="text"/>
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<b>Not affected</b> by external influences	



# Which is more important: Interest or Aptitude?

- Interests can *change*.



# Which is more important: Interest or Aptitude?

- Interests can **change**.
- High interest need **not** signify high ability.



# Which is more important: Interest or Aptitude?

- Interests can *change*.
- High interest need **not** signify high ability.

**Both Interests and Aptitudes are important.**



# Self Understanding: Interest **and** Aptitude



# Self Understanding: Interest **and** Aptitude

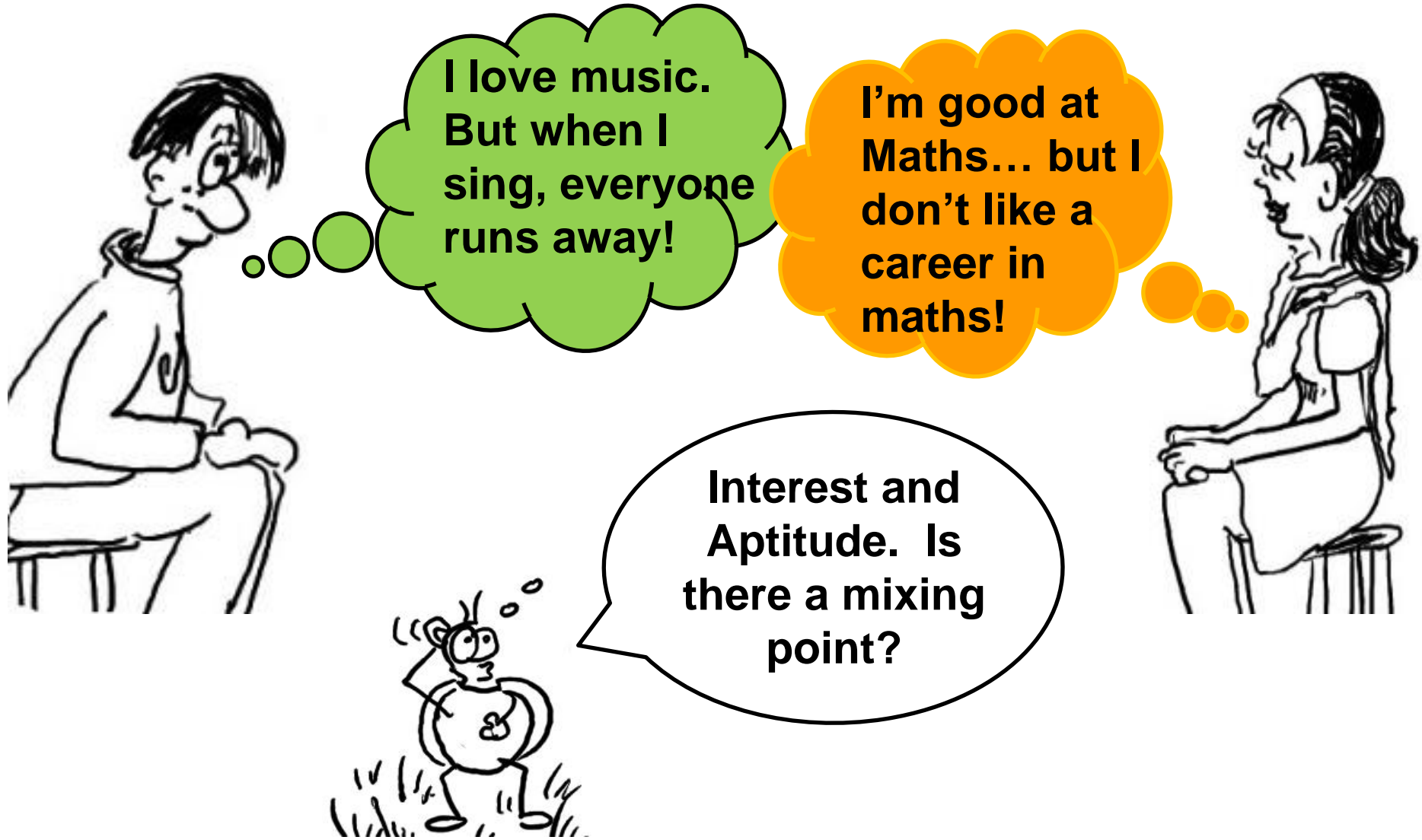


I love music.  
But when I  
sing, everyone  
runs away!

I'm good at  
Maths... but I  
don't like a  
career in  
maths!



# Self Understanding: Interest **and** Aptitude



# Potential: The Interest – Aptitude Overlap

Interests



# Potential: The Interest – Aptitude Overlap





# Potential: The Interest – Aptitude Overlap

Interests

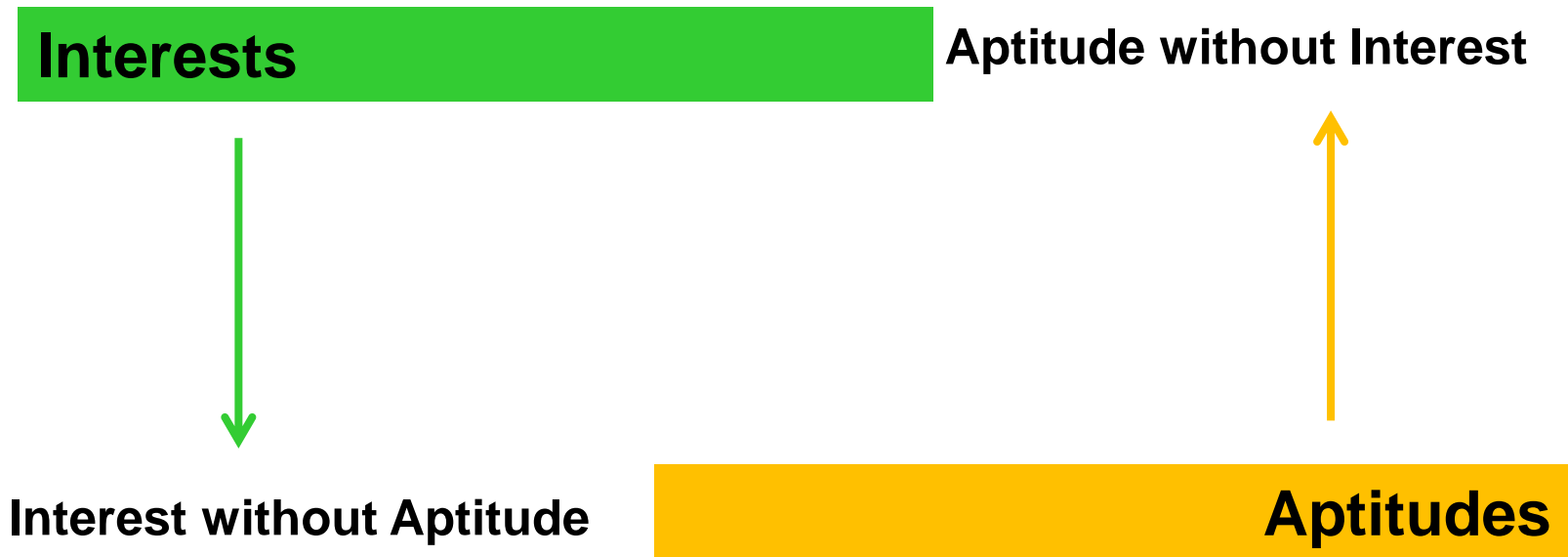


Interest without Aptitude

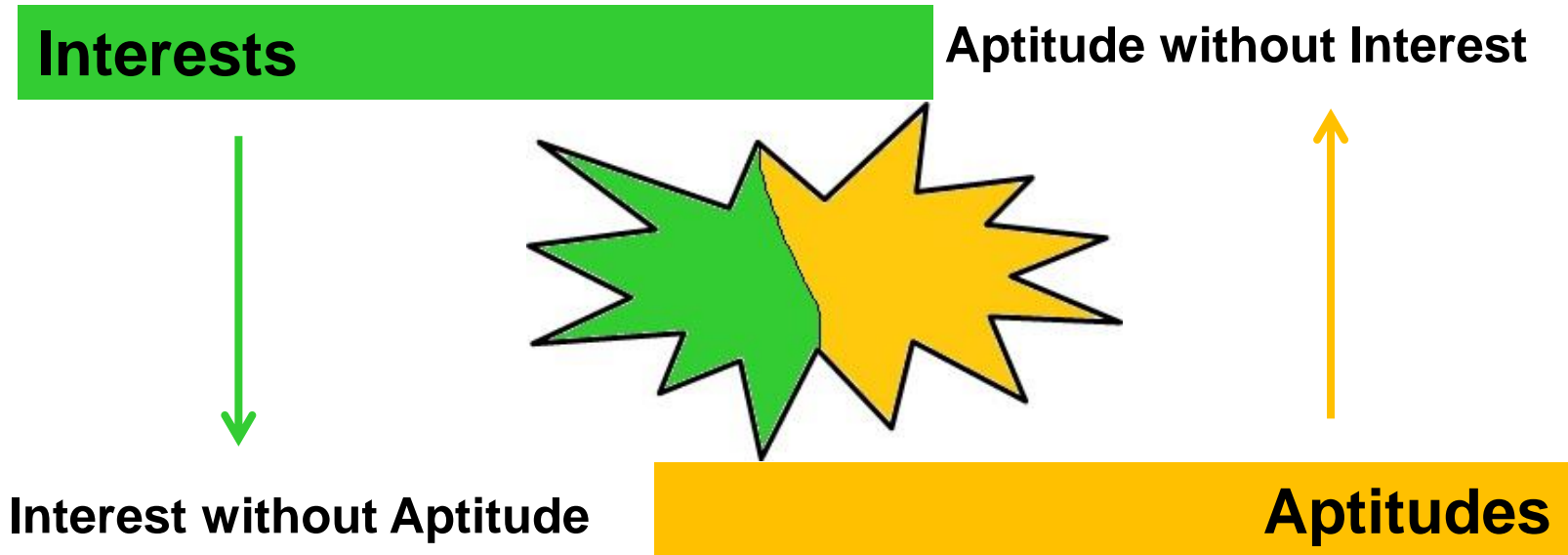


Aptitudes

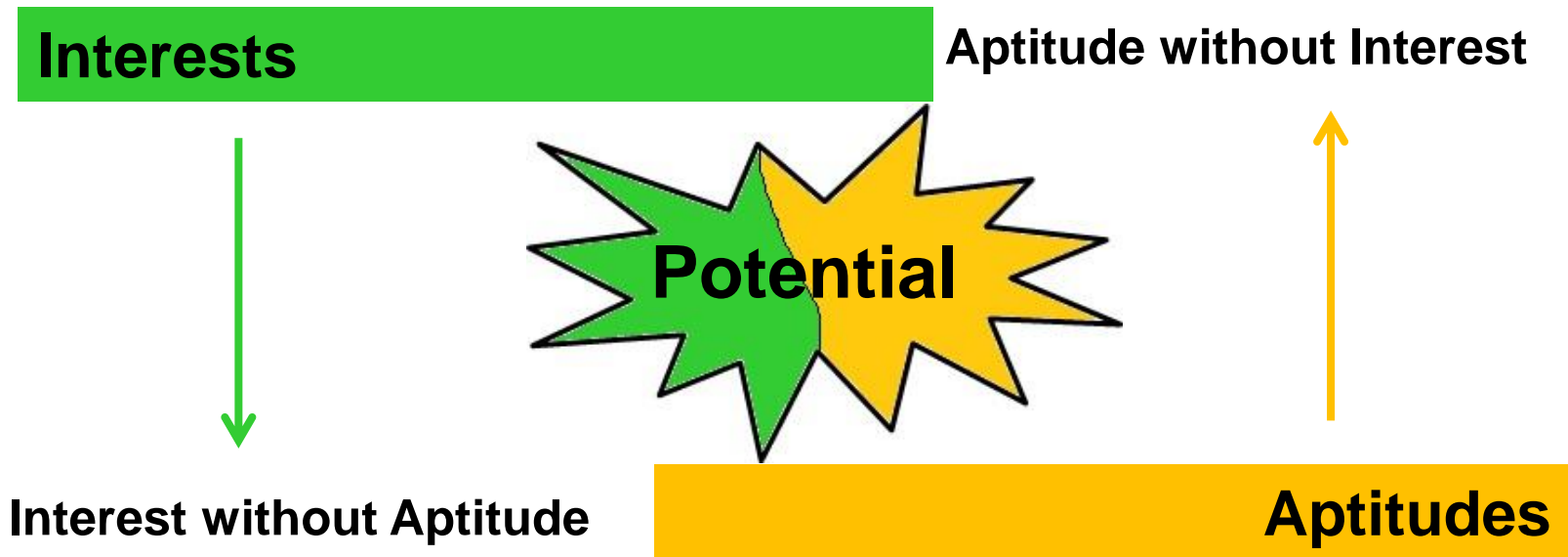
# Potential: The Interest – Aptitude Overlap



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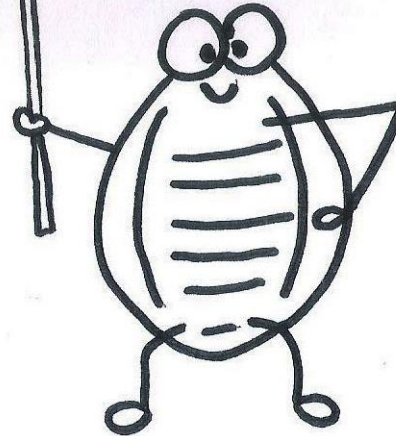


# Potential: The Interest – Aptitude Overlap



# Potential is...

- Interest + Aptitude = Potential.
- It is the **blending** and **mixing** of interest and aptitude.



# Self Understanding: **Career Beliefs**

Nursing for *boys*?!  
Mechanical  
Engineering for  
*girls*?! Hahah!



# Self Understanding: **Career Beliefs**

**Nursing for *boys*?!  
Mechanical  
Engineering for  
*girls*?! Hahah!**



**Well...why not?  
*Who said* girls  
can't be  
Mechanical  
Engineers and  
boys can't be  
Nurses?**



# Self Understanding: **Career Beliefs**

## Career Beliefs are:

- about a career.
- Deeply held  about a career.
- towards a career.
- Not always
- from one group to another.
- Strong  on our career development.



# Self Understanding: **Career Beliefs**

## Career Beliefs are:

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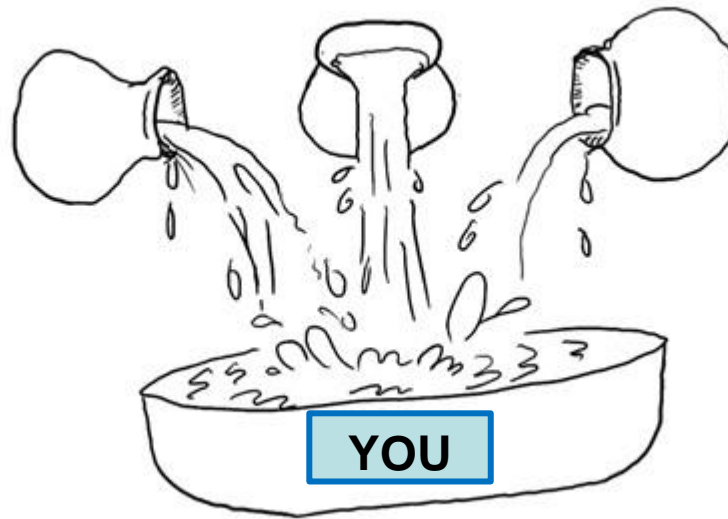


Career Beliefs  
come from our  
friends, family,  
community...

# Self Understanding

**CAREER  
BELIEFS**

**INTERESTS**



**APTITUDES**



**Know Yourself to Know your Career.**