

# YOUR TEEN'S STRENGTHS AND INTERESTS: TALK ABOUT THEM



**Let your teen express themselves first, without judging. Welcome your teen's ideas and help them clarify their answers by paraphrasing what you understand.**

Adolescence is an important period for self-discovery and preparing for the future. Talk with your teen about their strengths and interests.

## HELP YOUR TEEN:

### 1. Identify their interests

- What activities do you enjoy doing and why?
- What school subject do you prefer and why?
- What careers or professional paths appeal to you so far?

### 2. Recognize their strengths

- What are your three greatest qualities and when do you use them?
- When do you feel most proud of yourself?
- What abilities do people notice in you?

### 3. Take time to reflect

- What values matter most to you, and how do you live by them?
- Who is your role model, and why do you find them inspiring?

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It's normal for your teen not to always have answers. As a parent, explore other ways to help them get to know themselves better.

## WAYS TO PROMOTE SELF-KNOWLEDGE

### Activities

Encourage your teen to participate in structured activities and explore new areas of interest.

*Extracurricular activities, volunteering, cooking, reading, sports, etc.*

### Encouragement

Whenever the opportunity arises, point out their strengths or the interests you notice.

*"I saw that you were very patient with your brother when you helped him with his homework."*

### Exploration

Help your teen discover potential careers.

*Attending open houses, exploring career websites, meeting someone who works in the field they're interested in.*

**To encourage your teen's participation and commitment, start with their ideas and suggestions, instead of imposing your own choices.**

