



### Activity 4: The Four Quadrants — Interests and Skills Assessment

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### Discovery Cards Summary

From each stack of cards on the boxes below, select up to 10 cards for each area and record them on the worksheet.

High Skill ↑                    ↓ Low Skill	<b>Low Interest / High Skill</b>	<b>High Interest / High Skill</b>
	<b>DISENGAGED / BURNOUT</b>	<b>ENGAGED / HIGH PERFORMING</b>
	Activities: from card fronts      Career Interest Type  _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	Activities: from card fronts      Career Interest Type  _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
	<b>Low Interest / Low Skill</b>	<b>High Interest / Low Skill</b>
	<b>MISALIGNED / LOW PERFORMING</b>	<b>RE-ENGAGED / DEVELOPMENT OPPORTUNITY</b>
	Activities: from card fronts      Career Interest Type  _____ _____ _____ _____ _____ _____ _____ _____ _____ _____	Activities: from card fronts      Career Interest Type  _____ _____ _____ _____ _____ _____ _____ _____ _____ _____
	<b>Low Interest</b>	<b>High Interest</b>