|  |  |  |  |
| --- | --- | --- | --- |
| **Activity** | **Past Participation?** | **Current**  **Interest?** | **Notes**  **(Resources / supports)** |
| Movies / Shows |  |  |  |
| Card games / Board Games |  |  |  |
| Crosswords / Sudoku |  |  |  |
| Lego / Building Blocks |  |  |  |
| Website Design / Coding |  |  |  |
| Journaling |  |  |  |
| Photography |  |  |  |
| Drawing / Painting / Coloring |  |  |  |
| Writing / Poetry |  |  |  |
| Computer / Video Games |  |  |  |
| Art Galleries |  |  |  |
| Online Fieldtrips |  |  |  |
| Origami |  |  |  |
| Knitting / Crochet |  |  |  |
| Sewing / Quilting |  |  |  |
| Meditation / Prayer |  |  |  |
| Yoga / Pilates / Tai Chi |  |  |  |
| Weight Training |  |  |  |
| Group Fitness Classes |  |  |  |
| Dancing / Zumba |  |  |  |
| Playing an Instrument |  |  |  |
| Listening to Music |  |  |  |
| Cooking / Baking |  |  |  |
| Gardening |  |  |  |
| Making Scented Candles/ Soaps / Lotions |  |  |  |
| Arts and Crafts (i.e. jewelry) |  |  |  |
| Home Decorating |  |  |  |
| Phone / Video chatting |  |  |  |
| Dating |  |  |  |
| Intellectual Pursuit  (i.e. foreign languages) |  |  |  |
| Audio Books / Podcasts |  |  |  |
| Pottery / Clay |  |  |  |
| Shopping |  |  |  |
| Caring for Animals |  |  |  |
| Puzzles |  |  |  |
| Books / Magazines |  |  |  |

**College Student Interest Exploration**