

GRADE 8 SUBJECT SELECTION E-WORKBOOK

Explore • Understand • Ask Questions • Make Thoughtful Choices

Name: [Type your full name here]

Date: [Select date]

School: [Type your school name here]

Part 1: Understanding Myself as a Learner

The first step towards making a good subject choice is understanding yourself.

Worksheet 1: My Interests

I enjoy learning about:

[Type your response here...]

I am curious about:

[Type your response here...]

One topic I could talk about for a long time is:

[Type your response here...]

Worksheet 2: My Strengths

Select/check the skills or abilities that describe you:

- | | |
|---|---|
| ☐ Solving problems | ☐ Memorising information |
| ☐ Writing | ☐ Speaking |
| ☐ Working with numbers | ☐ Using technology |
| ☐ Understanding people | ☐ Drawing or designing |
| ☐ Working in a team | ☐ Working independently |

My own strength is:

[Type your response here...]

Worksheet 3: My Subject Rating

Rate each subject from 1 (Not at all) to 5 (Very much):

Subject	I enjoy it (1–5)	I feel confident (1–5)	I want to improve (1–5)
Mathematics	[]	[]	[]
Science	[]	[]	[]
English	[]	[]	[]
Urdu	[]	[]	[]
Computer	[]	[]	[]

Worksheet 4: My Learning Profile

I learn best when:

[Type your response here...]

A subject becomes easier for me when:

[Type your response here...]

I find learning difficult when:

[Type your response here...]

One skill I want to improve is:

[Type your response here...]

Part 2: Understanding My Academic Journey

Understanding what comes next helps you make better-informed choices.

Worksheet 5: Who Influences Me?

People whose opinions matter to me:

[Type names/roles here...]

What advice have I received about my future?

[Type advice here...]

Do I agree with this advice? Why?

[Type your thoughts here...]

Worksheet 6: My Future Questions

What do I want to know about subjects?

[Type question here...]

What do I want to know about Matric?

[Type question here...]

What do I want to know about Intermediate?

[Type question here...]

What do I want to know about careers?

[Type question here...]

Part 3: Exploring My Subject Options

Different subject areas connect with different interests, strengths, and ways of thinking.

Worksheet 7: My Interest in Different Subject Areas

Rate each area from 1 (Not interested) to 5 (Very interested):

Subject Area	My Interest Level (1–5)
Science	[]
Computer Science	[]
Commerce	[]
Humanities	[]

Worksheet 8: My Top Two Areas

My first area of interest is:

[Type area here]

Why?

[Type reason here...]

My second area of interest is:

[Type area here]

Why?

[Type reason here...]

Worksheet 9: What Do I Need to Research?

Check off items as you complete your research:

- | | |
|--|--|
| ☐ What subjects are available at my school? | ☐ What subjects are included in each group? |
| ☐ What do these subjects actually involve? | ☐ What future options can they support? |
| ☐ What skills do I need to develop? | ☐ Who can answer my questions? |

My own question:

[Type your question here...]

Part 4: Making My Subject Selection Decision

A thoughtful choice is based on information, self-awareness, and reflection.

Worksheet 10: My Decision Matrix

Rate each possible option from 1 (Low) to 5 (High):

Evaluation Question	Option 1	Option 2	Option 3
Do I enjoy it?	[]	[]	[]
Am I interested in learning more?	[]	[]	[]
Am I willing to work hard?	[]	[]	[]
Does it match my strengths?	[]	[]	[]
Have I researched it?	[]	[]	[]

Worksheet 11: My Choice or Someone Else's Choice?

I am interested in (mention 2 subjects):

[Type 2 subjects here...]

Someone else thinks I should choose (mention 2 subjects):

[Type 2 subjects here...]

I feel ____ when choosing my subjects:

☐ Excited

☐ Confused

☐ Pressured

☐ Curious

☐ Unsure

What information do I need before deciding?

[Type your response here...]

Worksheet 12: My Subject Selection Plan

My preferred subject area:

[Type response here...]

My second option:

[Type response here...]

The subjects I need to learn more about:

[Type response here...]

The person I need to speak to:

[Type response here...]

The questions I will ask:

[Type response here...]

Worksheet 13: My Action Plan

Before making a final decision, check off each action item as you complete it:

- | | |
|--|--|
| ☐ Speak to my subject teachers. | ☐ Ask my school what options are available. |
| ☐ Discuss my choices with my family. | ☐ Research subjects I do not understand. |
| ☐ Think about my interests and strengths. | ☐ Ask questions instead of guessing. |

My next step is:

[Type your immediate next action here...]

Worksheet 14: Final Reflection

One subject I am interested in:

[Type subject here...]

One subject I want to understand better:

[Type subject here...]

One question I will ask:

[Type question here...]

One thing I will NOT do when choosing subjects:

[Type rule here...]

REMEMBER

You do not need to know your entire future today.
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