

Major and Career Exploration

PRACTICE A: IDENTIFY YOUR VIPS

During your career exploration, CDCE encourages you to explore your values, interests, personality and skills (VIPS). Understanding aspects of your VIPS can help you identify future career paths that are well-suited for you. No single personality trait is better than another, but being aware of your preferences is essential in choosing a career. When your career choices align with your VIPS, you will enjoy the work you do and be more efficient in your role. Start identifying your VIPS by listing them in the spaces below.

VALUES: work-related qualities, principles and standards that matter to you.

- Is the mission of the organization important to you?
- How important is work-life balance?
- Where do you want to live?
- Do you want flexible work hours?
- How long of a distance are you willing to commute?

INTERESTS: what are your preferences regarding work activities and environments?

- What have you received praise or recognition for in the past?
- Do you enjoy activities that relate to people, things, or data?
- What do you find most fulfilling and enjoyable?

PERSONALITY: how will you react to certain situations and people, make decisions, organize and solve problems?

- What characteristics would you say describe you?
- How would your friends describe you?
- Do you prefer to lead or follow?
- Do you prefer to work as part of a team or alone?
- Do you prefer a regular routine or an ever-changing schedule?

SKILLS: a reflection of your talents and activities you quickly learn and perform well.

- What are your fundamental abilities, talents, and strengths?
- Do you enjoy creative activities and artistic tasks?