

VIPS CHECKLIST

THE VALUES, INTERESTS, PERSONALITY, AND SKILLS (V.I.P.S.) ACTIVITY IS DESIGNED TO HELP YOU THINK ABOUT HOW YOUR PERSONAL ATTRIBUTES CAN RELATE TO YOUR MAJOR. PLEASE CIRCLE ANY ATTRIBUTES THAT APPLY TO YOU IN EACH SECTION.

VALUES

MAKING A DIFFERENCE
CREATIVITY
FLEXIBILITY
STABILITY
LEADERSHIP
DIVERSITY
INDEPENDENCE
WEALTH
TEAMWORK
WORK LIFE BALANCE
JUSTICE
ACHEIVEMENT
HARMONY

INTERESTS

VIDEO GAMES
ART
SPORTS/EXCERCISE
WRITING
READING
BEING WITH PEOPLE
NATURE
MUSIC
MECHANICS
BEING WITH ANIMALS
WORKING WITH YOUR HANDS
SOCIAL EVENTS
MAKING MOVIES/VIDEOS

PERSONALITY

INTROVERT
EXTROVERT
LEADER
EMOTIONAL
LOGICAL
CREATIVE THINKER
ANALYTICAL
SPONTANEOUS
STRUCTURED
ACTION ORIENTED
PRACTICAL
CURIOUS
COMPASSIONATE

SKILLS

PLAYING AN INSTRUMENT
DRAWING/PAINTING
PROGRAMMING
CONNECTING WITH PEOPLE
LEADING OTHERS
PERFORMING
WRITING
RESEARCHING
HELPING OTHERS
ORGANIZING THINGS
FIXING THINGS
COORDINATING EVENTS
STEM SUBJECTS

VIPS CHECKLIST

LIST YOUR TOP 5 VALUES, INTERESTS, PERSONALITY, AND SKILLS. YOU CAN USE THE EXAMPLES PROVIDED OR ADD YOUR OWN. INCLUDE ATTRIBUTES THAT APPLY TO BOTH ACADEMIC AND PERSONAL LIFE.

VALUES

- _____
- _____
- _____
- _____
- _____

INTERESTS

- _____
- _____
- _____
- _____
- _____

PERSONALITY

- _____
- _____
- _____
- _____
- _____

SKILLS

- _____
- _____
- _____
- _____
- _____

LET'S REFLECT

Now that you have narrowed down your major options, list them in the space below. Think back on your VIPS. Check the box if the major aligns with your values, interests, personality, or skills.



	V	I	P	S
1. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

TAKE NOTE OF WHICH MAJORS CHECK OFF THE MOST BOXES. HOW DOES THIS MAKE YOU FEEL ABOUT YOUR CHOICES?