# **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

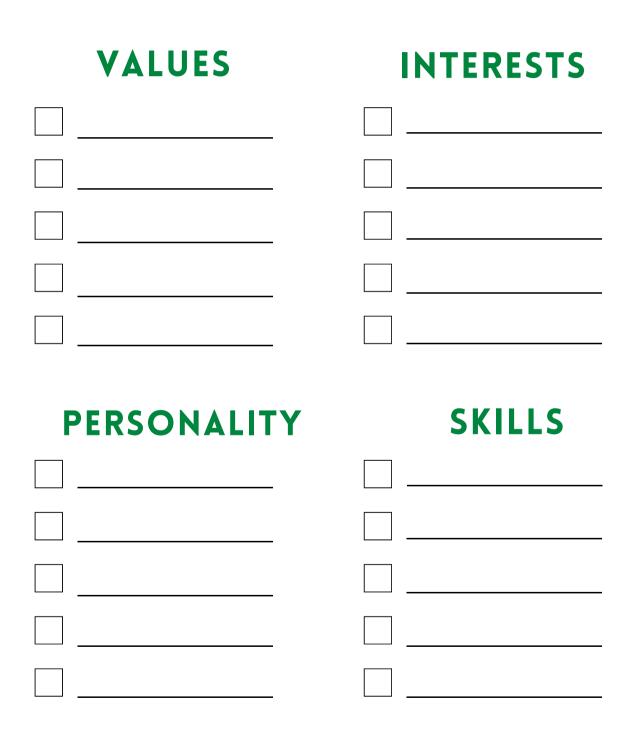
INTROVERT EXTROVERT LEADER EMOTIONAL LOGICAL CREATIVE THINKER ANALYTICAL SPONTANEOUS STRUCTURED ACTION ORIENTED PRACTICAL CURIOUS COMPASSIONATE

## 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.



## 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.

