

## V.I.P.S. Activity

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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 academics. Please list three attributes that you best describe you in each of the below fields:

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**Values:** What are things that you value? (Ex. Making a difference, being creative, having flexibility, needing stability, etc..)

Value #1:

Value #2:

Value #3:

**Interests:** What interests do you have? Think personally. If you have academic interests, that is great! But this can be any interests that you have in general.

Interest #1:

Interest #2:

Interest #3:

Questions? Email [untadvising@unt.edu](mailto:untadvising@unt.edu) for assistance

**Personality:** What is your personality type? Introverted versus Extroverted. Leading versus Following. Following Scripts or Writing your Own.

Personality Trait #1:

Personality Trait #2:

Personality Trait #3:

**Skills:** What are you good at doing? (Ex. Good at working with numbers, good at talking to people, etc.). Consider if that skill comes naturally or is practiced.

Skill #1:

Skill #2:

Skill #3:

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### Next Steps and Considerations

Was this activity difficult? **Consider taking the [MyPlan Assessment](#).**

- Can be found by going to [vpaa.unt.edu/self](http://vpaa.unt.edu/self)

Once you have completed this activity, consider completing the [UNT Majors Activity](#)! Be sure to keep your V.I.P.S. in mind while working through it,

- Can be found by going to [vpaa.unt.edu/majors](http://vpaa.unt.edu/majors)

Not sure how to connect your V.I.P.S. to a major? Schedule an [Exploring Majors Appointment](#) on Navigate with the Office of Advising Services!

- Can be found by going to [vpaa.unt.edu/majors](http://vpaa.unt.edu/majors)