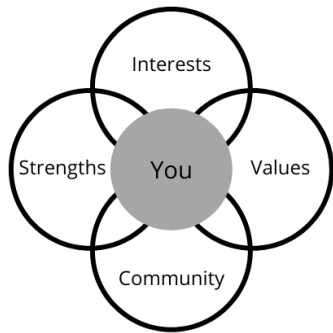


Viking Score Signature

Activity: Exploration Activity

Exploration begins with acquiring self-knowledge by understanding your **interests, strengths, values, and the needs of community.**



Have you ever asked yourself:

- What should I do when I grow up?
- How can I do something that makes a difference in the world?
- Am I choosing the right major?
- Am I being the best person for my family?

You are not alone!

Vocation includes the whole life of a person, not simply a career.

1

Understanding Interests: Think about how you spend your free time. Which activities give you energy, bring you joy, or you look forward to doing? Imagine a semester filled with all of your interests. Create your **Dream Semester** here.

Classes

On-of Off-Campus Work

Student & Community Orgs

Well-being & Self-care

2

Understanding Work & Lifestyle Values: What do you need in your career & life for it to be satisfying and balanced?

Check all that resonate with you. Narrow down and circle six work values and four lifestyle values.

Work Values

- Independence:** Work on projects without significant direction from others
- Security:** Career less likely to be threatened by technology/economic changes
- Interpersonal Competition:** Work that compares my abilities against others'
- Creativity:** Engage in creative expression, programs, and materials
- Financial Gain:** High likelihood of achieving high salary
- Teamwork:** Close working relationships with a group toward common goal
- Learning Opportunities:** Regular opportunities to learn new things
- Time Freedom:** Be able to work according to my own schedule
- Influence Others:** Able to influence attitudes or opinions of others
- Intellectual Status:** Be regarded as an expert in my field

- Adventure:** Have work duties which involve frequent risk-taking
- Help Society:** Do something that contributes to improving the world
- Recognition:** Recognized for the quality of my work in visible way
- Advancement:** Access to regular increases in work responsibilities
- Leadership:** Be responsible for work done by others
- Help Others:** Being directly included in helping individuals or groups
- Power & Authority:** Authority to decide work activities
- Work Alone:** Work independently, no significant contact with others
- Work Under Pressure:** Work with deadlines where quality is critical
- Change & Variety:** Have responsibilities that frequently change
- Flexibility with Future Roles:** Able to move in and out of workforce

Lifestyle Values

- Service:** Have time for volunteer and philanthropic work
- Balance:** Have time to pursue interests outside of career
- Friends:** Do things often with friends
- Spiritual Community:** Participate in spiritual community and work
- Civic Engagement:** Address issues of public concern

- Travel:** Ability to travel frequently
- Family/Support:** Easily access or visit family/support network
- Arts & Cultural Opportunities:** Access to cultural experiences
- Cultural Alignment:** Allowed to live authentically within community
- Advocacy:** Engage in work related to causes/people that are important
- Setting:** Rural Urban Suburban other _____
- Environment (near):** mountains forest farms water other _____

Viking Score Signature Activity: Exploration Activity

3 Understanding Strengths & Skills: Strengths refer to personal attributes, talents, or abilities that you bring to a project or that you acquire by doing a project or by some form of learning. **Check all that resonate with you, circle your top ten.**

- ___ **Creativity:** Thinking of new ways to do things
- ___ **Curiosity:** Taking an interest in a wide variety of topics
- ___ **Open-mindedness:** Examining things from all sides; thinking things through
- ___ **Love of learning:** Mastering new topics, skills, and bodies of research
- ___ **Perspective:** Looking at the world in a way that makes sense
- ___ **Honesty:** Speaking the truth; being authentic and genuine
- ___ **Bravery:** Embracing challenges, difficulties, or pain; not shrinking from threat
- ___ **Persistence:** Finishing things once they are started
- ___ **Zest:** Approaching all things in life with energy and excitement
- ___ **Kindness:** Doing favors and good deeds
- ___ **Love:** Valuing close relations with others
- ___ **Social intelligence:** Being aware of other people's motives & feelings
- ___ **Fairness:** Treating all people the same
- ___ **Leadership:** Organizing group activities and making sure they happen
- ___ **Teamwork:** Working well with others as a group or a team
- ___ **Forgiveness:** Forgiving others who have wronged them
- ___ **Modesty:** Letting successes/accomplishments stand on their own
- ___ **Prudence:** Avoiding doing things they might regret; making good choices
- ___ **Self-regulation:** Being disciplined; controlling one's appetites & emotions
- ___ **Appreciation of beauty:** Noticing and appreciating beauty & excellence
- ___ **Gratitude:** Being thankful for good things; taking time to express thanks
- ___ **Hope:** Expecting the best; working to make it happen; believing good things are possible
- ___ **Humor:** Making other people smile or laugh; enjoying jokes
- ___ **Religiousness:** Having a solid belief about a higher purpose & meaning

4 Understanding the Needs of Others: What problems are you interested in solving?

1. Identify **three communities** to which you belong, that are meaningful to you. These can be as close as your immediate family or as large as the world.
2. List **three challenges or problems** that affect those communities.
3. Notice challenges you feel an urgency to respond to
4. Consider your **strengths and interests**; do you have any that might help you respond to needs identified.

	community 1	community 2	community 3
challenge 1			
challenge 2			
challenge 3			

5 Overlapping Themes: Review sections 1-4 and note any similar items or themes.

1. _____
2. _____
3. _____
4. _____
5. _____

Next Steps: Overlapping Themes

- **Refer to Venn Diagram again notice what overlaps.**
- Identify ways you can incorporate these into the life you want
- Complete the **Career Research Activity:**
careers.augustana.edu/resources/viking-score-career-research/
- Explore **Labor Market Trends:**
careers.augustana.edu/labor-market-insights/
- Conduct **Informational Interviews:**
careers.augustana.edu/resources/viking-score-informational-interviews/