



Getting Started

Self-Assessment

- I have thought about and identified my key VALUES _____
- I have thought about and identified my key INTERESTS _____
- I have thought about and identified my key PERSONALITY traits _____
- I have thought about and identified my key STRENGTHS _____

To help identify my VIPS, I have completed the following assessments (access through Handshake > Career Center > Resources > Career Exploration):

- Values: www.careerexplorer.com/career-test/
- Interests: O*Net Online [Interest Profiler](#)
- Personality Traits: 16personalities.com [Personality Assessment](#)
- Strengths/Skills: [Strengths Finder](#)

Exploration

I have started exploring by (access the following through Handshake > Career Center > Resources > Career Exploration):

- Completing a [Top Jobs List](#)
- Completing a [Top Companies List](#)
- Researching career paths taken by others by performing a [LinkedIn](#) search
- Conducting Informational Interviews with professionals
- Talking with my professors
- Other _____

Experience

I have started to gain experience by:

- Working at a part-time job
- Completing an internship
- Doing volunteer work
- Participating in a club
- Taking classes that have shaped my career goals

Reflection

I have started to reflect on my experience by:

- Weighing my exploration and experience against my VIPS
- Identifying something I learned about a company that made me more/less excited about it
- Noting that my experience pointed me in a new direction entirely _____



Action Plan

Action to take	Reason (how might it help?)	Due Date

Notes: