

# DISCOVER WHO YOU ARE



SCHOOL OF  
**PUBLIC HEALTH**  
Office of Career Services

## Examine your VIPS.

### VALUES, INTERESTS, PERSONALITY, AND SKILLS

By evaluating your VIPS, you are able to more confidently navigate career decisions. Evaluating your VIPS is the first step in career development. In order to explore and identify your VIPS, you can engage in self-assessment. When you engage in the process of personal awareness, you can emerge with a more complete understanding of who you are and what makes you curious and excited. You are then ready to start doing.

#### Understand Self-Assessment

There is no assessment or test that will magically tell you what to do with the rest of your life. Assessments give you information about yourself—that you can agree or disagree with—to help you think about possible career paths. Assessment will provide new language and framework for self-understanding, Connect VIPS to the world of work and broaden possibilities to confirm potential career considerations.



#### VALUES

Your values shape your thoughts, influence your worldview, and help you decide what actions to take. They can dramatically impact how satisfied you are in your work (and with your employer), and they serve as a basis for your reactions to your environment. No internship or employer will consistently represent a perfect fit with your entire value system, so prioritizing your values is important.

- What's important to you?
- What issues and causes are important?
- Is it important for your work to involve interacting with people?



#### INTERESTS

Interests are activities or things that you naturally enjoy doing. Identifying what those interests are and finding work that incorporates your interests will make your relationship with work more enjoyable and motivating for you. Conversely, identifying activities that are uninteresting to you is also valuable as you research career paths.

- What topics could you talk about endlessly?
- What do you do when you have free time?
- What are you inspired to learn about more?



#### PERSONALITY

By exploring your personality, you will learn more about how you prefer to derive your energy, process new information, make decisions, and which environments are best suited for you.

- At the end of a long day, would you rather go out with a big group of friends or stay home and watch Netflix?
- Do you make decisions with your head or your heart?



#### SKILLS/STRENGTHS

You already have many of the skills you need to have a rewarding career. An aptitude is a natural or acquired ability. In addition to looking at what you are good at doing, also consider what you enjoy. It is possible to be quite adept at a particular skill, yet despise every second spent using it.

- What do you do well in the classroom, workplace, or campus organization?
- What have others expressed you do well?