

SELF-ASSESSMENT AND CAREER EXPLORATION

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Do you know what your life's work will be? If not, you're not alone. It's worth taking the time to develop an informed viewpoint on the career you want, so you can focus on getting there. This handout provides a strong start.

A career plan establishes your short-term and longterm goals, then defines the actions you need to take to achieve them. Having a clear plan can guide your decisions on classes, internships and other activities to prepare you for entry and success in your field of choice.



KNOW YOUR VIPS!

Building a thorough understanding of who you are is key to identifying and evaluating potential career paths and opportunities. We encourage you to start with your VIPS:

VALUES INTERESTS PERSONALITY SKILLS

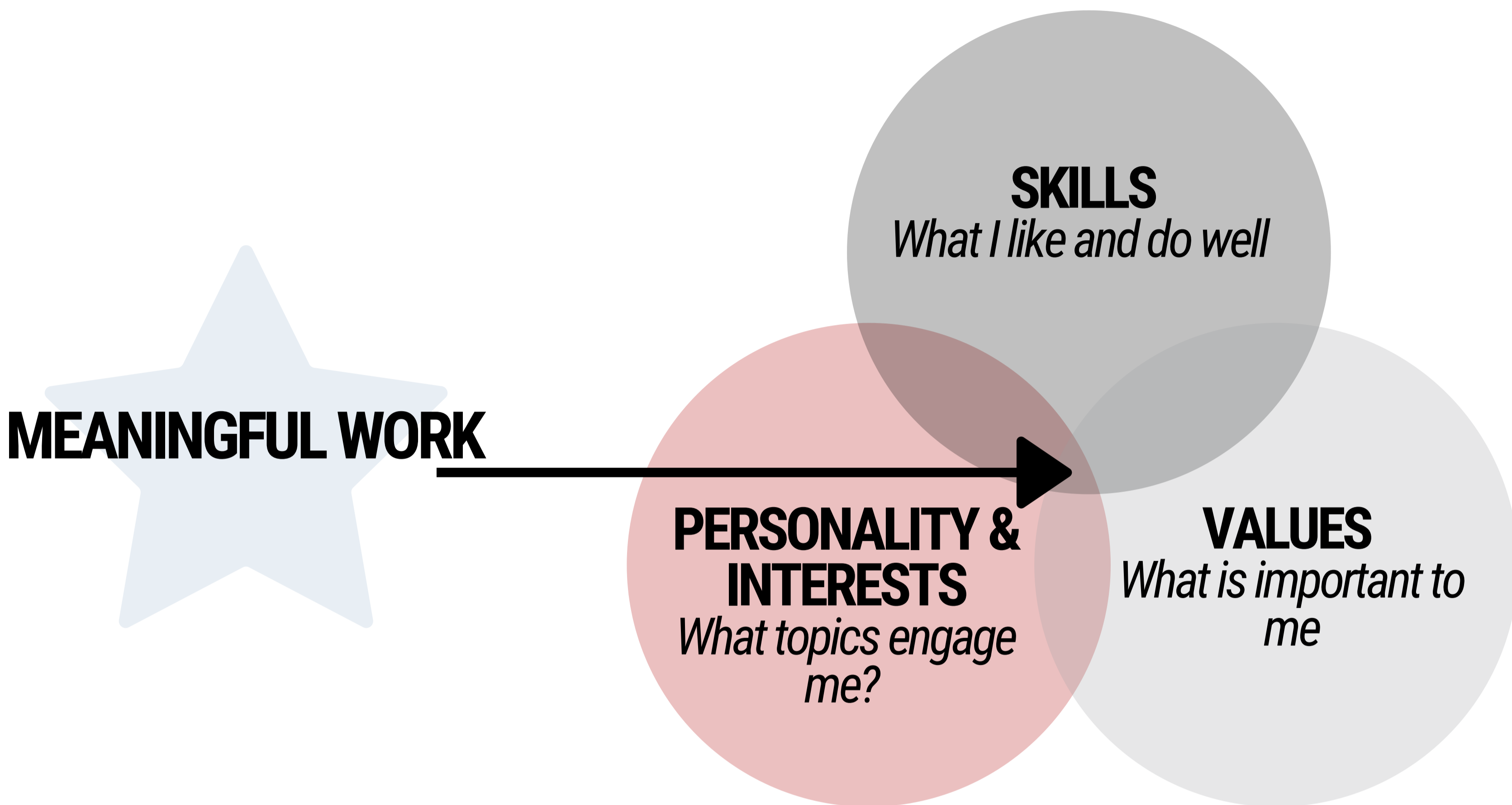
✓ **VALUES** determine what's most important to you in your work. That may include a certain compensation, work-life balance, travel, serving a particular population, the potential to advance in one's career, and more. There is no one "correct" set of priorities or way to define yours – it's completely up to you!

✓ **INTERESTS** guide where you invest your time and energy when given the freedom to choose. Consider what you most enjoy doing in your spare time or what you want to learn more about when working to identify your interests.

✓ **PERSONALITY** refers to how you interact with the world. Having an understanding of your style and preferences can allow you to draw connections between who you are and the work environments and job functions you might find most comfortable, as well as identify your growing edges.

✓ **SKILLS** represent the ways in which you will address the needs of an employer – essentially, what you will actually do in the workplace. Skills are informed by knowledge and talent, and refined through practice. Think about what you most enjoy doing, as well as what you are good at.

FINDING YOUR PATH



WE'RE HERE TO HELP

While the idea of identifying your VIPs may sound simple, it can sometimes be hard to put language around these important aspects of self. UNLV Career Services is here to help! We offer one-on-one advising, fun programming and a suite of self-assessment tools. Here are some ways to get started with your self-assessment journey:

Connect with the Career Exploration Community

Opt into the CEC via your Handshake profile (under Career Interests) to get exclusive email alerts about exploration-focused events and programs.

Schedule an appointment

Meet with a Career Coach to design a personal career exploration plan. Your advisor will also help guide your reflection process and connect you to resources that will help you take your next steps.

Log on to CareerExplorer

This online tool offers insights into your VIPs and suggests potential careers based on your results. Discuss your results with a career advisor to weigh your options for next steps.