VSI Table

Activity: The VSI table is a tool for you to reflect on where you are at in your career journey and potentially deal with uncertainty in your career goals. This tool provides a wide range of exploration depending on where you at:

1) *Haven't thought about career? Already handling enough?* Consider explicitly reflecting on what you have already experienced. By writing out our values, skills, and interests, we can affirm ourselves through these expressions of gratitude.
2) *Feeling unsure? Not sure how to find answers?* Writing out your values, skills, and interests may allow you to ask better questions— like when doing research, it helps to narrow our scope even though we may not be entirely sure of what it may lead to. This may help you approach exploring more of your values, skills, and interests with curiosity.
3) *Wanting to act? Developing courage to advocate for yourself?* Writing out your values, skills, and interests can ask you to consider the **people, places, and positions**, where you could build upon or utilize any of your VSI.

Consider the 17 United Nations sustainable development goals to help you articulate your values, skills, and interests.

Values: These are your personal values and they represent how you approach work or show up in spaces when working with others. Here is a list of personal values for you to draw from.

Skills/Strengths: What are you good at? What do you get complimented about? What are your strengths? Your super power? If you have taken StrengthsFinders, refer to them.

Interests: What do you enjoy learning about? What knowledge have you acquired? What do you enjoy doing in your spare time? What are your hobbies and extracurricular activities?

Values	Skills/Strengths	Interests
Use "People, Places, Positions" to help reflect OR identify potential opportunities and actions. https://students.ubc.ca/career/your-degree/land-food-systems#keep-exploring		

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Advocate for Yourself

How can you apply your reflections in this table?
➢ Look at your table and select one value, skills, or interests, you wish to explore further.
➢ Identify "**people, places, or positions**" you want to connect with.
➢ Use your VSI table responses in informational interviews and networking opportunities.

Example: if you value "community"
People – reflect on how you built community with your team in a previous job
Places – join the LFS Mentorship Program or start attending CCEL workshops
Positions - apply for student leader positions (Imagine Day Orientation Leader, LFS ACE team, LFS|US)

Example: if your skill is "communication"
People – find a UBC alumni who works in media relations
Places - focus on speaking up in class or go to an instructor's office hours
Positions - identify a Work Learn position (March) where you can practice communication

Example: if your interest is "urban farming"
People - learn what a professional agrologist does
Places - attend a UBC Farm workshop
Positions - practice applying for workshops (UBC Farm accepts workshop proposals)

More ideas?
➢ Currently LinkedIn Learning is FREE for UBC-V undergrads
➢ Check out "What Can I do with my major?" degree pages--in the "Keep Exploring" section, you will see all 8 programs with further career information.
➢ Check out a collection of career resources curated by Rob

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