

Assessments: Values Activity

The first part of the career development cycle is knowing yourself—values, interests, skill sets, strengths, traits, and ambitions. You can't make sound career decisions without knowing who you are and what's important to you.

Value Activity For each of the values listed in the Values Box, sort them by what's most important to you in the table on the next page. NOTE: Your values will likely change over time; think about what you value today.

VALUES BOX

HELP SOCIETY
Contributing to
improvements in the world.

WORK ALONE
Working independently on
projects, without significant
contact with others.

FREE SCHEDULE
Fulfilling responsibilities
according to my own schedule,
with no specific working hours
required.

STATUS
Regarded as a person of high
intellectual prowess or as an
acknowledged "expert" in my field.

