Assessments: Values Activity

The first part of the career development cycle is knowing your yelfir-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 Foreach of the values listed in the Values Box, sort them by what's most important to you in the table the next page NOTE: Your values will likely change over time; think about what you value today.

VALUES BOX

HELP SOCIETO ontributing 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.

LEADERSHIP Directresponsibility for others' work and influence over direction.	STABILITY Having a work routine and job duties that are largely predictable and not likely to change over a period of time.	MORAL FULFILLMENT Significantly contributing to my moral, ethical, spitual, or personal standards.	TRAVEL Working in a job that requires frequent travel.
BEING SUPERVISED Working under the direction of others.	SECURITY Being assured of keeping my jo and receiving a reasonable financial reward.	DEVELOPMENT Being in a situation that permits bor requires constant expansion of skills and personal/professional development.	LOCATION Living in a city or geographical area that is conducive to my lifestyle and that allows me to do the things I enjoy most.
BALANCE Experiencing a balance among the family, work, and play aspects of my life.	COMMUNITY Living in a place where I can be involved in community affairs.		

ALWAYS VALUED	OFTEN VALUED	SOMETIMES VALUE	SELDOM VALUED	NEVER VALUED
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REFLECTION:

- 1. In thinking about this activity, which values came easy for you to place? More difficult for you to place?
- 2. How did you decide which values were most important to you?
- **3.** Recall a moment or two in your life where **yive**d out the most important values. What behaviors did you exhibit that support these values?
- 4. How would you react if these values weren't honored by others? Describe your feelings, thoughts, and actions.
- 5. In thinking about work environments, how does this help you formulate what to look for as you continue you search for your first or next careeOr, do your current career interests match the values you have lished your thoughts belower discuss with a partner.