

Values

What is important to me? What do I value?

Identifying what is important to you is a crucial step in choosing a career direction. It is important to discover what you value, what would be rewarding or satisfying to you about work. At the best, your career might express your values, at the very least it should not conflict with them.

Look at the definition of these various values and rate the degree of importance that you would assign to each for yourself using the scale below:

5 = very important in my career choice

4 = important

3 = somewhat important

2 = not very important

1 = not important at all

_____ **Help Society** - Do something to contribute to the betterment of the world I live in.

_____ **Help Others** - Be involved in helping other people in a direct way, either individually or in small groups.

_____ **Public Contact** - Have a lot of day-to-day contact with people.

_____ **Work with Others** - Have a close working relationship with a group; work as a team toward common goals.

_____ **Affiliation** - Be recognized as a member of a particular group.

_____ **Friendships** - Develop close personal relationships with people as a result of my work activities.

_____ **Competition** - Engage in activities that pit my abilities against others where there are clear win-lose outcomes.

_____ **Make Decisions** - Have the power to decide course of action, policies, etc.

_____ **Work Under Pressure** - Work in situations where time pressure is prevalent and/or the quality of my work is judged critically by supervisors.

_____ **Power and Authority** - Control the work activities or partially control the destinies of other people.

_____ **Influence People** - Be in a position to change attitudes or opinions of other people.

_____ **Work Alone** - Do projects by myself, without any significant amount of contact with others.

_____ **Knowledge** - Engage myself in the pursuit of knowledge, truth and understanding.

_____ **Intellectual Status** - Be regarded as a person of high intellect or as one who is an acknowledged "expert" in a given field.

_____ **Artistic Creativity** - Engage in creative work in any of several art forms.

_____ **Creativity (General)** - Create new ideas, programs, organizational structures or anything else not following a format previously developed by others.

_____ **Aesthetics** - Be involved in studying or appreciating the beauty of things.

_____ **Supervision** - Have a job in which I am directly responsible for the work done by others.

_____ **Change and Variety** - Have work responsibilities which frequently change in their content and setting.

_____ **Precision Work** - Work in situations where there is little tolerance for error.

- _____ **Stability** - Have a work routine and job duties that are largely predictable and not likely to change over a long period of time.
- _____ **Security** - Be assured of keeping my job and a reasonable financial reward.
- _____ **Fast Paced** - Work in circumstances where there is a high pace of activity.
- _____ **Recognition** - Be recognized for the quality of my work in some visible or public way.
- _____ **Excitement** - Experience a high degree of (or frequent) excitement in the course of my work.
- _____ **Adventure** - Have work duties, which involve frequent risk-taking.
- _____ **Profit, Gain** - Have a strong likelihood of accumulating large amounts of money or other material gifts.
- _____ **Independence** - Be able to determine the nature of my work without significant direction from others; not have to do what others tell me to do.
- _____ **Moral Fulfillment** - Feel that my work contributes significantly to a set of moral standards, which I feel are very important.
- _____ **Location** - Find a place to live (town, geographical area), which is conducive to my lifestyle and affords me the opportunity to do the things that I enjoy most.
- _____ **Community** - Live in a town or city where I can get involved in community affairs/organizations.
- _____ **Physical Challenge** - Have a job that makes physical demands which I would find rewarding.
- _____ **Time Freedom** - Have work responsibilities which I can work at according to my own time schedule; no specific working hours required.
- _____ **Offstage** - Work behind the scenes, make a contribution that does not require me to be in the limelight.

Now circle the values that you rated as a "5." Write them in the space below.

These are important personal criteria for evaluating potential careers.

Values can often be rather subtle parts of our lives. In your daily routine you may not consciously think about them. This is a good opportunity to examine what is important to you. The next time you find yourself really enjoying what you are doing, ask yourself which values you are expressing.

Values may be the least often addressed area in deciding on a career or major, but they are possibly the most important. When you recognize what is important to you, this will help you to choose a career or major that will be most satisfying.