



EXPLORING CAREER VALUES

OVERVIEW OF VALUES

Values highlight what's most important to you. Some initial questions to help you begin thinking in this direction include, "Do you want to work for a large or small organization or company? Is working with other people more appealing than working alone? Do you like your responsibilities to be well defined or do you like some room for creativity?" How do we figure out the answers?

WORK VALUES EXERCISE

The list below describes values and attitudes related to job satisfaction and can help you in beginning to identify the work and personal values most important to you.

- Going through the list, check off all values you consider important. If something you value is *not* listed, write it in!
- Review your selections and then choose the 5 MOST important values, writing them below.

Once you identify values that are most important to you currently - values *do* evolve - think of them as you consider different paths.

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| <input type="checkbox"/> Help Society: Do something that contributes to improving the world we live in | <input type="checkbox"/> Independence: Determine the nature of my work without significant direction from other |
| <input type="checkbox"/> Help Others: Involved directly helping people either individually or in small groups | <input type="checkbox"/> Moral Fulfillment: Feel that work contributes to a set of morals that I feel is important |
| <input type="checkbox"/> Public Contact: Have a lot of day-to-day contact with people | <input type="checkbox"/> Location: Find a place to live, which is conducive to my lifestyle |
| <input type="checkbox"/> Work with Others: Work as a team member towards common goals | <input type="checkbox"/> Community: Live where I can participate in community affairs |
| <input type="checkbox"/> Affiliation: Be recognized as a member of a particular organization | <input type="checkbox"/> Time Schedule: Be able to work according to my own schedule |
| <input type="checkbox"/> Make Decisions: Have the power to decide on courses of action and policies | <input type="checkbox"/> Knowledge: Engage in the pursuit of knowledge and truth |
| <input type="checkbox"/> Work Alone: Do projects on your own with minimal contact with others | <input type="checkbox"/> Intellectual Status: Become an expert in a given field |
| <input type="checkbox"/> Competition: Engage in activities that clearly compare my abilities to others | <input type="checkbox"/> Artistic Creativity: Engage in creative work related to the arts |
| <input type="checkbox"/> Power and Authority: Oversee and delegate work activities of other people | <input type="checkbox"/> General Creativity: Create new ideas for programs, written materials and organization |
| <input type="checkbox"/> Work under Pressure: Time pressure and deadlines are prevalent | <input type="checkbox"/> Aesthetics: Study or appreciate the beauty of objects and ideas |
| <input type="checkbox"/> Influence People: Be in a position to change attitudes or opinions of other people | <input type="checkbox"/> Supervision: Have a job in which I am directly responsible for the work of others |
| <input type="checkbox"/> Fast Pace: Work in situations where there is a lot of activity and tasks must be completed quickly | <input type="checkbox"/> Change and Variety: Have work responsibilities which frequently change. |
| <input type="checkbox"/> Excitement: Experience a high or frequent level of excitement in the course of my work | <input type="checkbox"/> Precision Work: Work in settings where details are important and there is little margin for error |
| <input type="checkbox"/> Adventure: Have work duties that require frequent risk taking | <input type="checkbox"/> Stability: Have job duties and work routines that are highly predictable |
| <input type="checkbox"/> Profit: Have a strong likelihood of earning a substantial salary for my work | <input type="checkbox"/> Security: Be assured of keeping my job and a reasonable financial reward |
| <input type="checkbox"/> Recognition: Be acknowledged publicly for the quality of my work | |

List your top five values here: _____
