EXPLORING VALUES

OVERVIEW OF VALUES

Values highlight what's most important to you. Some questions you want to ask yourself when considering values and your career are: 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?

WORK VALUES EXERCISE

The following exercise helps you identify the work and personal values that are most important to you. The list describes values and attitudes related to job satisfaction. First, check off all work values you consider important. If there are other work values not included in this list that you feel are especially important, add them to your list. Return to your selections and then choose the 4-5 MOST important values. Once you come up values that are currently the most important to you (values do evolve), keep them in mind as you consider different career paths.

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