## What Do You Value As Important?

**5 – Very High Importance**

**4 – High Importance**

**3 – Some Importance**

**2 – Very Low Importance**

**1 – No Importance**

Using the scale above, rank the following statements:

#### Values that relate to your work environment

\_\_\_ Risk/Adventure – Your responsibilities at work include taking chances often

\_\_\_ Creativity – You have the chance to create or come up with new ideas

\_\_\_ Challenges – You will be faced with challenges, situations to resolve, and/or

 problems to solve

\_\_\_ High Paced – Your environment is highly active

\_\_\_ Autonomy – You have much independence in your position

\_\_\_ Change – Being in an environment where change occurs often, or where you have to

 adapt to new circumstances

\_\_\_ Variety – Your responsibilities are varied allowing for many different experiences

\_\_\_ Authority – Your job gives you the opportunity to be the person who makes

 decisions

\_\_\_ Competitive – You compete with others in your work environment

\_\_\_ Physical – Your responsibilities include tasks that require physical action

\_\_\_ Money-Making – You have the opportunity to make increasingly large amounts of

 money

\_\_\_ Leadership – Your responsibilities include supervising others in your environment

\_\_\_ Secure – There is a low likelihood of you losing your position

\_\_\_ Pressure – Your work environment includes many situations in which you are under

 pressure to perform job responsibilities well or on time

\_\_\_ Predictable – Your responsibilities are predictable, and are not likely to change often

\_\_\_ Flexible – Your environment allows you to have a flexible schedule

#### Values that relate to your personal interests

\_\_\_ Specialized – In your environment, you are considered an expert in your area

\_\_\_ Recognition/Value – You are appreciated, recognized and valued for your work

\_\_\_ Knowledge Seeking – Your job promotes or encourages the pursuit of knowledge

 and understanding

\_\_\_ Location – Your job is located in an environment that is comfortable

\_\_\_ Morality – Your work involves tasks that encourage moral standards important to

 you

\_\_\_ Community – Your job is located where you feel you can get connected and/or

 involved in the community

\_\_\_ Professional Growth – Your position has good opportunities to move up the career

 ladder

#### continued…

**5 – Very High Importance**

**4 – High Importance**

**3 – Some Importance**

**2 – Very Low Importance**

**1 – No Importance**

#### Values that relate to the people in your environment

\_\_\_ Friendships/Relationships – In your environment, having strong friendships with

 your co-workers is important

\_\_\_ Helping – Your responsibilities include helping others

\_\_\_ Connection – You feel connected to the organization for which you work

\_\_\_ Control/Power – Your job gives you the chance to control others or their activities

\_\_\_ Contact – Your environment encourages lots of interaction with others

\_\_\_ Isolation – Your environment allows you to spend most of your time working alone

\_\_\_ Societal Importance – Your job impacts society in positive ways

Next, take a moment to review your ratings, and list below those that are of most importance to you.

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Are there other values that were not included on this list? Write those down and rate them as well.

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It is important to consider that which is of great importance to you when choosing a major or a career.

What are some ways you can determine if a major or career falls in line with the values you hold as most important?

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