

Name: _____ Date: _____

Assignment #11: Life/Work Values

Instructions:

1. ***First***, read over the entire list of **30 life/work values**. ***Next***, circle the ***seven*** that you consider most important to you now and in the foreseeable future.
2. To the side of each selection, state (in point form) ***WHY*** this value statement appeals to you.
3. ***Finally rank your 7 choices from most to least important***
4. If you have formulated a future plan reflect on how these values fit with your plan.
5. If you have not yet formulated a future plan, reflect on what possible careers would incorporate these values.

Public contact

You want daily contact with many people.

Cooperation

You enjoy working with a group or team.

Help Society

You want to contribute to a better world.

Creativity

You like to create new ideas, objects, or programs.

Security

You want a relatively stable job and financial security.

Fringe Benefits

You want to be provided with health care, a pension, vacation time.

Power and Authority

You would like to control the work activities and possibly the advancement of others.

Time Freedom

You want to make your own schedule, and have flexible work hours.

Regular Hours

You want minimal overtime or infringement on personal time.

Personal Accomplishment

You need to experience mastery of a task or problem, or production of high-quality work.

Work Alone

You want little contact with others.

Competition

You like to pit your abilities against those of others.

Pressure

You seek employment where you experience time pressures, demanding interactions, and no margin for error.

Financial Reward

You need opportunities to earn a great deal of money.

Status

Impressing or gaining respect because of your career is important to you.

Recognition

Being clearly recognized for the quality of your work and told when you do a good job is important to you.

Physical Environment

You enjoy a pleasant, comfortable job environment.

Ethics/Moral Values

You want a job where values and ethics are reinforced in the work setting.

Stability and Routine

You want a job where routine duties are largely predictable and unlikely to change over time.

Independence/Autonomy

You want to determine the nature of your own work, without direction from others.

Help Others

You would like to work one on one or in small groups to help others.

Affiliation

You like to develop friendships with co-workers.

Advancement

You want opportunities to raise or enhance your position.

Expertise

You would like to be viewed as an expert in your field.

Travel

You want the opportunity to travel locally or further afield as part of your work.

Physical Activity

You need to use physical effort and/or to move around at your work.

Intellectual Stimulation

You need to use and challenge your mental capacity at work..