what do I 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.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

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?