

Identifying Your Values

The list below includes some commonly held values, and there are extra spaces at the end to add values that are important to you. Read each statement and then rank each value according to the following:

1. Not important
2. Quite important
3. Very important

	Abundance: Making enough money to live very comfortably.
	Achievement: Accomplishing goals, either short or long term.
	Adventure: Have work duties or hobbies which involve frequent risk taking.
	Aesthetics: Studying or appreciating the beauty of things, ideas, etc.
	Affiliations: Be recognized as a member of a particular organization or department.
	Artistic Creativity: Engage in creative work in any of several art forms.
	Change and Variety: Have work responsibilities that change often.
	Community: Live and work in a town/city where I can get involved in local programs and issues.
	Competition: Working with and against others where there are clear win/lose outcomes.
	Creativity (General): Create new ideas, programs, organizational structures, or anything else not following a format previously developed by others.
	Fast Pace: A high pace of activity; things must be done rapidly.
	Friendships: Develop close relationships with people as a result of my activities.
	Help Society: Do something to improve the world I live in.
	Independence: Be able to determine the nature of my actions without significant direction from others; not have to do what others tell me to.
	Influence People: Change attitudes or opinions of other people or alter their behavior.
	Intellectual Status: Be regarded as a person of high intellectual prowess or as one who is an acknowledged expert in a given field of knowledge.
	Knowledge and Learning: Engage myself in the pursuit of knowledge, truth, and understanding.
	Location: Find a place to live (town or geographical area) that is conducive to my lifestyle and affords me the opportunity to do the things I enjoy most.
	Make Decisions: Have the power to decide courses of action, policies, etc.
	Maximum Use of Abilities: Being able to apply as many of the things that I know as possible.



	Moral Contribution: Make a significant contribution through moral standards that I feel are very important.
	Physical Challenge: Have a job or hobbies that makes physical demands that I would find rewarding.
	Precision Work: Work in situations where there is very little tolerance for error.
	Public Contacts: Have a lot of day-to-day contact with people.
	Security: Be assured of keeping my job and a reasonable financial reward.
	Stability: Have a routine that is largely predictable and not likely to change over a long period of time.
	Supervising or Managing Others: Influencing the work activities or some aspect of the outcomes produced by other people.
	Time for Self and Family: Establishing balance between work and other interests and relationships.
	Work Alone: Do projects by myself without any significant amount of contact with others.
	Work Under Pressure: Work with deadlines and/or where quality of my work is evaluated critically by superiors, customers, or others.
	Work with Others: Have close working relationships with groups; work as integral part of a team working toward common goals.

Identifying Your Skills

Reviewing your resume (or the worksheet that you completed as your pre-assignment) can help you move through this activity. This exercise is intended to help you narrow down the things that you do well. If you are having trouble, pull out the copy of your resume that you brought with you as a part of your pre-assignment. It should list tasks or skills for a particular job that you've done.

For the purposes of this exercise, we'll group skills into several areas. Review the options below and then circle the areas that you are skilled in. We have left some blank space for you to add your own areas.

<p>Artistic/Creative</p> <p>Drawing, decorating, designing, painting, sculpting, singing, playing musical instruments, dancing, writing music</p>	<p>Leadership</p> <p>Leading activities, motivating, having others look to you for guidance or support, providing feedback</p>	<p>Manual</p> <p>Working with your hands, being physically active throughout the day, installing equipment</p>
<p>Clerical</p> <p>Operating office equipment, keeping records, keyboarding, reception</p>	<p>Mathematical</p> <p>Solving difficult math problems, understanding arithmetic, reasoning</p>	<p>Mechanical</p> <p>Working with machines, tools, repairing things or understanding how things work</p>
<p>Language</p> <p>Writing, speaking, using correct grammar</p>	<p>Persuasive</p> <p>Influencing, selling, talking easily with people</p>	<p>Scientific</p> <p>Doing lab experiments and understanding scientific principles, engineering, programming computers</p>
<p>Social</p> <p>Working well with people; helping people and/or society</p>	<p>Spatial</p> <p>Seeing differences in size, form, and shape; visualizing relationships</p>	<p>Teaching</p> <p>Helping others learn, demonstrating, coaching, speaking</p>