

What do I value?

Choosing a major is a holistic process in which students look at not only their interests, but also their skills, personality, and values to ensure their major is a good fit. This worksheet will provide an opportunity for you to decide which values are most important to you and reflect on how they fit with majors and careers you are considering.

Part 1: Rate the level of importance you place on each issue using the scale.

3 = Very important **2** = Not sure/neutral **1** = Not important

- | | |
|--|---|
| <input type="checkbox"/> Advancement
Working hard and advance rapidly | <input type="checkbox"/> Creativity
Creating original ideas, programs, or products |
| <input type="checkbox"/> Adventure
Having duties that involve frequent risk taking | <input type="checkbox"/> Education Benefits
Continuing my education through job benefits |
| <input type="checkbox"/> Autonomy
Setting own goals and work without close supervision | <input type="checkbox"/> Environment
Working in pleasant and comfortable surroundings |
| <input type="checkbox"/> Balance
Integrating needs of personal life—family, friends, self | <input type="checkbox"/> Ethics
Performing work consistent with strong personal beliefs |
| <input type="checkbox"/> Casual Dress
Wearing casual, comfortable clothing to work | <input type="checkbox"/> Excellence
Product is recognized as outstanding |
| <input type="checkbox"/> Challenge
Solving difficult problems and avoid routine | <input type="checkbox"/> Excitement
Experiencing a high degree of exhilaration in my work |
| <input type="checkbox"/> Change & Variety
Having duties that change frequently | <input type="checkbox"/> Family
Keeping the needs of my family a first priority |
| <input type="checkbox"/> Commitment
Feeling pride in product or service | <input type="checkbox"/> Fast Pace
Working at a fast pace and perform work rapidly |
| <input type="checkbox"/> Community
Being involved in community affairs | <input type="checkbox"/> Feedback
Gaining information on performance |
| <input type="checkbox"/> Compatibility
Working with people who share same interests and values | <input type="checkbox"/> Fixed Hours
Having set hours and free time |
| <input type="checkbox"/> Compensation
Good salary and other financial rewards | <input type="checkbox"/> Friendships
Having close relationships with colleagues |
| <input type="checkbox"/> Competence
Working where I have talents above the average | <input type="checkbox"/> Fringe Benefits
Having good medical insurance and vacation time |
| <input type="checkbox"/> Competition
Pitting my abilities against those of others | <input type="checkbox"/> Generalist
Using broad knowledge of many areas in work |

- Help Others**
Helping or serve people
- Help Society**
Working to contribute toward bettering the world
- High Earnings**
Obtaining the essentials and luxuries that I want
- Incentive Pay**
Having financial rewards depend on results
- Independence**
Determining nature of work without interference
- Influence People**
Changing attitudes and opinions of others
- Innovation**
Seeing work on latest cutting edge of my industry
- Intellectual Status**
Being regarded as an expert in my field
- Job Tranquility**
Avoiding extreme pressure and the “rat race”
- Knowledge**
Pursuing truth, knowledge, and human understanding
- Leisure**
Devoting energy to personal and leisure activities
- Location**
Working in a particular geographic area
- Make Decisions**
Deciding policy or course of action
- Management**
Being responsible for work of others to produce results
- Mentor**
Working under someone whose guidance I respect
- Moral Fulfillment**
Working to further important moral standards
- Personal Development**
Workplace encourages self-growth
- Physical Challenge**
Being rewarded for superior physical ability
- Policies & Practices**
Company treats its employees fairly
- Power & Authority**
Controlling the actions and lives of others
- Precision**
Working at an exacting job
- Predictability**
Having a well-ordered workday with few surprises
- Pressure**
Working under deadlines and critical judgment
- Professional Growth**
Learning new ideas or skills at work
- Profit & Gain**
Accumulating money or material rewards
- Public Contact**
Maintaining day-to-day contact with people
- Recognition**
Achieving visible and public recognition
- Reputation**
Working for a well-known and respected organization
- Security**
Being assured of keeping job and having a steady income
- Self-Expression**
Being able to convey my ideas to improve my job
- Service**
Feeling work benefits others
- Spiritual**
Working activities connect inner values to outside realities
- Stability**
Having predictable and regular work routine
- Staff Position**
Working in a support or advisory position
- Status**
Gaining respect from friends, family, and community
- Strategic Thinking**
Involvement in innovative and visionary thinking

Structure
Receiving clear direction as to goals and procedures

Time Freedom
Setting own schedule and hours

Supervision
Being directly responsible for work of others

Travel
Moving from place to place

Teamwork
Working with others to reach goals

Visibility
Doing work noticeable to higher management

Technical Work
Being an expert in a specialized field

Work Alone
Having little contact with others on the job

Part 2: What now?

If you can, list your current top major/career choices.

Based on your rating of the values above, fill in the table below with the values you feel are “extremely important” and “least important”.

Values		
Rank	Extremely Important	Least Important
1		
2		
3		
4		
5		

Reflection:

- How do the majors/careers you are considering align with your values? Do you foresee a conflict?

Next Steps:

Save your completed worksheet so it can be shared and discussed with your Academic Advisor at your next appointment.