

CAREER & PLANNING SERVICES



VALUES

Our values are what we care about most. They give direction to our work and lives. By clearly identifying your values, you will be able to better understand the benefits of the university studies. The awareness of your values will enable you to find and maintain the motivation needed to reach academic success. Values are types of satisfaction that people gain from their careers. Identifying your main values is one of the major factors in the career decision-making process.

1) Read the following definitions and put a check mark beside the ones that you believe in.

	Help Society:	Contribute to the betterment of the world I live in
	Help Others:	Involve myself in helping others directly, either in a group or individually
	Public Contact:	Have a lot of day-to-day contact with people in visible settings
	Work with others:	Work as part of a team towards a common goal, have close working relationships
	Affiliation:	Be recognized as a member of a particular organization or department
	Friendships:	Develop close personal relationships through my work activities
	Competition:	Engage in activities in which there are clear win-lose outcomes and there is a chance to compare my abilities against others
	Make Decisions:	Having the responsibility to decide courses of action and policies
	Work under pressure:	Work in situations where time pressure is present and the quality of my work is critically monitored by supervisors, customers and others
	Power and Authority:	Have control of the work activities or other work factors of other people

Influence People:	Alter attitudes, opinions, or behaviours of other people
Work Alone:	Work on projects independently, without significant contact with others
Knowledge:	Engage myself in the pursuit of knowledge, truth, understanding
Intellectual Status:	Be recognized as having high intellectual ability or as an “expert”
Artistic Creativity:	Engage in creative work in any art form
Creativity (general):	Create new ideas, programs, organizational structures, or anything else that does not follow a format previously developed by others
Aesthetics:	Be involved in studying or appreciating the beauty of things, ideas, etc
Supervision:	Be directly responsible for the work done by others
Change and Variety:	Experiencing frequent change in content and setting of work
Precision Work:	Work in situations in which there is very little tolerance of error
Stability:	Have a predictable work routine, duties that do not change
Security:	Be assured of keeping my job and a reasonable financial reward
Achievement:	Work in a setting that allows me to progress vertically, while advancing and developing my work
Fast Pace:	Work in a high pace of activity, where work must be done rapidly
Family:	To spend time with your family and to have strong family relationship
Recognition:	Be recognized for the quality of my work in a visible or public way, in order for others to be aware of my accomplishments
Excitement:	Experience a high degree or frequency of stimulation in my work
Adventure:	Be involved in frequent risk-taking at work
Profit Gain:	Opportunity for money and material gain
Health/wellness:	To be physically and psychologically healthy
Independence:	Have the ability to determine the nature of my work, without direction
Moral Fulfillment:	Believe that my work is contributing to a set of morals important to me
Location:	Find a place to live which is conducive to my lifestyle
Community:	Live in a place where I can get involved in local programs and issues
Physical Challenge:	Work in physically demanding situations, which I find rewarding
Time Freedom:	Have work responsibilities which do not require specific work hours



2) Identify your 10 most important values. In column 2, rank them from 1 to 10 by order of importance. In column 3, indicate if you could meet these values at work.

Your Values	Rank your values in order of importance	Put an X beside the ones that could fit your professional life?

From the list above, choose the 5 most important work values.

1. _____
2. _____
3. _____
4. _____
5. _____



STUDENT SERVICES

Student Success Centre

Career and Planning Services

