Values Checklist

The following exercise will begin to help you identify the work and personal values that are most important to you. The list below describes values and attitudes related to job satisfaction. Review the values on this list and choose those that are most significant to you.

Check off 4 or 5 of the most important work values. If there are other work values not included in this list that you feel are especially important, add them to your list in the box. Often there are trade-offs with values and part of this process over time will be how you rank them. Once you have come up with values that are important to you at this point in time (values do evolve), keep them in mind as you consider different career paths. For example, if you have a strong preference for creativity, independence and adventure, then consider fields which will allow you to fulfill those values. Career counselors can be contacted to assist you in this process.

- Help Society: Do something that contributes to improving the world we live in
- Help Others: Be involved in directly helping people either individually or in small groups
- Public Contact: Have a lot of day-to-day contact with people
- Work with Others: Work as a team member towards common goals
- Affiliation: Be recognized as a member of a particular organization
- Make Decisions: Have the power to decide on courses of action and policies
- Work Alone: Do projects on your own with minimal contact with others
- Competition: Engage in activities that clearly compare my abilities to others
- Power and Authority: Oversee and delegate work activities of other people
- Work under Pressure: Work in situations where time pressure and deadlines are prevalent
- Influence People: Be in a position to change attitudes or opinions of other people
- Knowledge: Engage in the pursuit of knowledge and truth
- Intellectual Status: Become an expert in a given field
- Artistic Creativity: Engage in creative work related to the arts
- General Creativity: Create new ideas for programs, written materials and organization
- Aesthetics: Study or appreciate the beauty of objects and ideas
- Supervision: Have a job in which I am directly responsible for the work of others
- Change and Variety: Have work responsibilities which frequently change.
- Precision Work: Work in settings where details are extremely important and there is little margin for error
- Stability: Have job duties and work routines that are highly predictable
- Security: Be assured of keeping my job and a reasonable financial reward
- Recognition: Be acknowledged publicly for the quality of my work
- Fast Pace: Work in situations where there is a lot of activity and tasks must be completed quickly
- Excitement: Experience a high or frequent level of excitement in the course of my work
- Adventure: Have work duties that require frequent risk taking
- Profit,Gain: Have a strong likelihood of earning a substantial salary for my work
- Independence: Be able to determine the nature of my work without significant direction from other
- Moral Fulfillment: Feel that my work contributes to a set of morals that I feel is important
- Location: Find a place to live, which is conducive to my lifestyle
- Community: Live where I can participate in community affairs
- Time Schedule: Be able to work according to my own schedule