**Thinking About Your Values**

It is important for graduate students to keep in mind what they want and desire in their professional and personal life. By using our form below, you can start to think about the lifestyle you desire and how you can consider your personal goals in conjunction with pursuing a fulfilling career.

*\*This information and table have been adapted from UCLA’s Career Preparation Toolkit (2016-2018)*

Directions:

In the table below, place the items from the list of Work Values in accordance of how important they are to you. If there are other values that are important to you but aren’t listed feel free to put those in rather than our suggestions. After you’re done, rank them in our top ten list on the second page and do some self-reflection.

|  |  |  |
| --- | --- | --- |
| Highly Important | Moderately Important | Not Important |
|  |  |  |

Work Values

Achievement

Advancement

Adventure

Aesthetics

Predictability

Competition

Early Entry

Altruism

Creativity

Fairness

Family-Oriented

Health

High Income

Home and leisure life

Independence

Interesting Work

Intellectual Rigor

Friendships at work

Exhibition

Lifestyle

Location of Work

Ease of Transportation to Work

Mechanical and physical activity

Moral and religious concerns

Outdoor Work

People Contact

Recognition

Security

Status/prestige

Solitary

Teamwork/Collaboration

Variety

Work Environment

Other (otherwise not listed here)

Top Ten Work Values

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
5. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
6. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
7. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
8. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
9. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
10. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Guided Self-Reflection

After you’ve finished your top ten work values ask yourself,

1. What kind of activities bring you joy? How do those activities match up with what you’ve identified as your key values?
2. Do you have other factors such as needing to consider your partner’s career and goals, schools for children, or location, among other factors, that influence your career choices?
3. Based on our values inventory, your own personal situation, and what brings you joy and satisfaction, what are some possible careers or roles that could fulfill your wants and needs?
4. How prepared are you to find a job or role in your desired areas? What steps can you take to work towards fulfilling your career goals?