

Values Survey

Point of the Assignment: To help you to identify what is important to you (your values) about your job/career.

The values you have towards careers and work will usually impact how you make decisions about pursuing jobs and why you leave jobs. They are important to consider when making educational and career choices because it is stressful to work in a career (or study a subject) that is not consistent to what is personally important to you.

Step 1: Take the Values Survey on the next few pages.

Step 2: Calculate your score. Use the results of this assessment to determine your personal values relating to careers. Determine if you feel your results accurately reflect you. If not, then use your own judgment to decide what your own values are. Then write those values below in the order in of priority to you:

Value #	Score	Value Name	Value Description	Career Suggestions
1				
2				
3				
4				
5				

Step 3: Review the pages for descriptions of the values and list them above.

Step 4: Identify some of the possible career suggestions listed with each of your values.

Test your understanding:

What is the main point of this assignment?

Why were you expected to do this exercise?

What type of person would need to do this exercise?

How well do you fit the profile of the person for whom this assignment was created?

Reflection: *(Write down your response after completing this assignment.)*

Values Survey

Check the column that most clearly matches your feelings.
What values are important to you?

		Very True	Sometimes True	Not Sure	Not True
1	I would rather have a large expensive house than own a work of art.				
2	I like to go places with my friends.				
3	I'd really like to travel to far away places.				
4	I think music and art should be required in our schools.				
5	It is important that my family do things together.				
6	I like to make things.				
7	I would rather be president of a club than just a member.				
8	I'd like people to know that I've done something well.				
9	I like to read books that help me understand people.				
10	If I had talent, I'd like to be on TV.				
11	Having an expensive car is something I'd really like.				
12	If I could, I'd like to make a movie that would make people aware of injustice, and would improve the conditions if described.				
13	I'd rather be rich than married.				
14	I like writing stories, plays, or poetry.				
15	I like to try things I've never done before.				
16	I enjoy doing different things.				
17	It is important to be proud of what I do.				
18	If my friends want to do something that I think is wrong, I will not do it.				
19	I'd like to accomplish something in life that will be well known.				
20	A strong family unit is essential to me.				

		Very True	Sometimes True	Not Sure	Not True
21	I would disobey a boss who asked me to do something against my principles even if it meant being fired.				
22	It is important for me to have a good understanding of history.				
23	If I could, I'd like to be president.				
24	It would be fun to climb mountains.				
25	It is very important for me to live in beautiful surroundings.				
26	I like to go to parties.				
27	It is important to have very good friends.				
28	I would rather make gifts than buy them.				
29	I am very close to my mother, father, or both.				
30	I like to attend lectures from which I can learn something.				
31	It is more important to stick to my beliefs than to make money.				
32	I would rather make less money at a job I know would last, than take a chance with a job that might not last but pays more.				
33	I would like a lot of expensive possessions.				
34	I would rather be free to move around than be tied down by a family.				
35	I like to feel that I am in charge in a group.				
36	It is important to have an appreciation for art or music.				
37	I like to write.				
38	I'd look forward to taking a job in a city I had never visited before.				
39	Having children is important to me.				
40	I'd like to understand the way a TV works.				
41	I'd like to be able to decide what and how much I will do during a day.				
42	I'd like to do something that helps people.				
43	I'd like to be famous.				

		Very True	Sometimes True	Not Sure	Not True
44	I'd rather be a judge than a lawyer.				
45	I do not think I'd like adventurous vacations.				
46	I would like to have works of art in my home.				
47	I would like a job that gives me plenty of free time to spend with my family.				
48	I could not be happy with a job in which I did not feel good about myself.				
49	I get very nervous when I'm forced to take chances.				
50	I would rather be a boss than a worker.				
51	It is important to share activities with friends.				
52	If I knew how, I would make my own clothes.				
53	I would rather not have to answer to a boss.				
54	Gaining knowledge is important to me.				
55	I'd rather work for a well-established company than a new company that hasn't established itself.				
56	Money can't buy happiness, but it helps.				
57	Being rich would be the best thing about being a movie star.				
58	Being famous would be the best thing about being a movie star.				
59	The best thing about being a movie star is that I'd be doing something creative.				
60	I like to be able to make my own decisions.				
61	Getting to travel would be the best thing about being a movie star.				
62	I'd like to nurse people back to health.				
63	I would like helping tutor people having trouble at school.				
64	I feel more comfortable in places I've seen before than in new places.				
65	I'd like to work at a job in which I help people.				
66	I enjoy spending an evening with my family.				

		Very True	Sometimes True	Not Sure	Not True
67	I'd rather work at a job that is not very interesting but pays a lot, than one that is interesting, but pays little.				
68	I would like to write a book that would help people.				
69	I want to be able to travel if the opportunity arises.				
70	If I had talent, I'd like to be a famous rock star.				
71	I like reading to gain insight into human behavior.				
72	It is important to share your life with someone.				
73	If you don't take chances, you'll never get anywhere, and I like to take chances.				
74	I'd rather be a leader than a follower.				
75	The world would be a terrible place without beautiful things.				
76	It is important to try to learn something new every day.				
77	I would feel I was doing something worthwhile if I helped a friend with her problems.				
78	I especially like things I make myself.				
79	A close family is important to me.				
80	I think it is important to donate to the needy.				
81	I enjoy looking at beautiful scenery.				
82	The best thing about winning a gold medal at the Olympics would be the recognition.				
83	I'd like to go on hikes (or bike rides) with my friends.				
84	I have strong beliefs about what is right and wrong.				
85	It is important to have a family with whom to discuss problems.				
86	I'd like an exciting life.				
87	I prefer working by myself rather than as part of a team.				

		Very True	Sometimes True	Not Sure	Not True
88	I'd like to know all that I can about the workings of nature.				
89	I think it's wrong to help a friend cheat on an exam, even if I know I can help. I don't help.				
90	Having a job I know I can keep is important to me.				
91	I'd like to have enough money to invest for the future.				
92	I don't like someone assigning me tasks to do.				
93	I do not like being alone very much.				
94	I like to take charge of organizing activities.				
95	I think saving money for the future is very important.				
96	When I've done something I'm proud of, it's important that other people know.				
97	I would rather make less money at a job in which I choose my own work, than make more money at a job in which someone tells me what to do.				
98	People should contribute a small amount of money to be used to decorate public buildings.				
99	I don't like to take risks with money.				
100	I like to think of something that's never been done before.				
101	I would not like a job in which I traveled a lot and could not have lasting relationships.				
102	If a teacher accidentally left test answers where I could see them, I would not look.				
103	I like people to ask me for my opinion when trying to decide the best way to handle a situation.				
104	If I could, I'd like to make a movie that people would think is beautiful.				

Values Survey • Scoring Instructions

Turn back to the first page of this exercise. Above the words "**Very True**", write a **9**. Above the words "**Sometimes True**," write a **6**. Above the words "**Not Sure**," write a **3**. Above the words "**Not True**," write a **0**. Do the same for each page of the exercise.

Now, for each number listed below, write the numerical value of the response you selected. For example, if on number 1 you selected "Sometimes True," put a 6 on the line next to number 1. When all the lines have been completed, total the numerical responses under each heading.

FAMILY	ADVENTURE	KNOWLEDGE	POWER
5 _____	3 _____	9 _____	7 _____
20 _____	15 _____	22 _____	23 _____
29 _____	16 _____	30 _____	35 _____
39 _____	24 _____	40 _____	44 _____
47 _____	38 _____	54 _____	50 _____
66 _____	61 _____	71 _____	74 _____
79 _____	73 _____	76 _____	94 _____
85 _____	86 _____	88 _____	103 _____
Total _____	Total _____	Total _____	Total _____

MORAL JUDGEMENT and PERSONAL CONSISTENCY	MONEY and WEALTH	FRIENDSHIP and COMPANIONSHIP	RECOGNITION
17 _____	1 _____	2 _____	8 _____
18 _____	11 _____	26 _____	10 _____
21 _____	13 _____	27 _____	19 _____
31 _____	33 _____	51 _____	43 _____
48 _____	56 _____	72 _____	58 _____
84 _____	57 _____	83 _____	70 _____
89 _____	67 _____	93 _____	82 _____
102 _____	91 _____	101 _____	96 _____
Total _____	Total _____	Total _____	Total _____

**INDEPENDENCE
and FREEDOM**

34 _____
41 _____
53 _____
60 _____
69 _____
87 _____
92 _____
97 _____

Total _____

SECURITY

32 _____
45 _____
49 _____
55 _____
64 _____
90 _____
95 _____
99 _____

Total _____

**BEAUTY or
AESTHETICS**

4 _____
25 _____
36 _____
46 _____
75 _____
81 _____
98 _____
104 _____

Total _____

CREATIVITY

6 _____
14 _____
28 _____
37 _____
52 _____
59 _____
78 _____
100 _____

Total _____

**HELPING
OTHERS**

12 _____
42 _____
62 _____
63 _____
65 _____
68 _____
77 _____
80 _____

Total _____

List Your Top 5 Values

Now, take your totals from the preceding page and rate them HIGH, MEDIUM, or LOW according to the scale below:

TOTALS	
72-60	HIGH
59-50	MEDIUM
49-0	LOW

Put score in the categories below under either HIGH, MEDIUM or LOW, according to your total score for each category.

VALUE	HIGH	MEDIUM	LOW
FAMILY			
ADVENTURE			
KNOWLEDGE			
POWER			
MORAL JUDGEMENT and PERSONAL CONSISTENCY			
MONEY and WEALTH			
FRIENDSHIP and COMPANIONSHIP			
RECOGNITION			
INDEPENDENCE and FREEDOM			
SECURITY			
BEAUTY or AESTHETICS			
CREATIVITY			
HELPING OTHERS			

Explanation of Values

If you find that you scored high in more than one area, you need to make some choices. First, spend some time carefully comparing possible career choices. You may be able to find an occupation that satisfies your most important values. Remember, you also have weekends. Those values that are not satisfied through your occupation can be satisfied in your leisure time.

Throughout your life, you should re-examine your values to be sure you are not giving up or compromising things that are important to you. You do not want to work hard and give up things that you value for the sake of something you no longer value.

FAMILY

Someone with a high score in this category values the closeness of family. Parents and children spend a lot of time together. Family also pertains to other people or friends one feels close to. Close relationships are important. You find interacting with people satisfying. You will want a position that allows time at home where you can enjoy family and friends. You prefer consistent hours and responsibilities. You will probably not be happy in a position where regular traveling is involved.

ADVENTURE

You would find satisfaction in a position in which you would perform a variety of duties. You are comfortable taking risks, and a career that involves travels may be just right for you.

KNOWLEDGE

You value knowledge, and continuous learning is important to you. You will prefer a career that allows you to keep learning. Satisfactory occupations may be related to teaching or research, scientific, historical, political, philosophy, etc. Occupations in which you spend time reading and writing reports on different topics may interest you.

POWER

You are comfortable in a leadership role. You will need a position that has many opportunities for advancement. You enhance your interest in leadership by furthering your education and learning more skills pertaining to your field. You may want to start your own business.

MORAL JUDGEMENT and PERSONAL CONSISTENCY

A career in which you feel you are contributing something worthwhile is important. Integrity is important to you. You will not be satisfied in a position that will possibly compromise your values. You would find satisfaction in a helping profession, or perhaps, a law related field.

MONEY and WEALTH

When deciding on a career, potential earnings will be of great importance to you. Earning large sums of money usually means long work hours and a lot of effort. Be sure to consider other values that are important to you and look into a wide range of occupations before narrowing your options.

FRIENDSHIP and COMPANIONSHIP

You will find satisfaction in positions that allow you to work closely with others. You will not enjoy laboratory work or other types of solitary occupations. A sales, marketing, or public relations job may be for you, if you get along well with others and are outgoing. Overtime or travel may interfere in time spent with close friends outside work.

RECOGNITION

You may want to choose a career that allows you to use and develop a talent. Some occupations are more conducive to gaining recognition for talents, however, how you do your job is often just as important as what job you do.

INDEPENDENCE and FREEDOM

You value freedom and flexibility. You will probably not be satisfied with careers that are highly supervised or scheduled. You may want to consider an occupation in sales, or work as a consultant or on a free-lance basis. This may allow you greater flexibility in deciding where, when and how much work you will do.

SECURITY

You may want to consider a position in a well-established company or a career that is not likely to disappear too soon. You will find satisfaction in a position in which your duties are clearly defined.

BEAUTY or AESTHETICS

People who score high in this category have a love and appreciation for beauty. You like to be surrounded by beautiful things. You may find satisfaction as an artist or interior designer. You may want to work in an outside environment as a lifeguard or park ranger.

CREATIVITY

Creativity is an important aspect of many occupations. You may want to be a writer, project developer, engineer, or an architect. A career that allows room for you to make choices and decisions, implement your ideas, and evaluate the outcome would be ideal for you.

HELPING OTHERS

If this value is important for you, you enjoy helping others to become well or sharing your knowledge to benefit others. There are many options you can consider. Just to name a few: teacher, healthcare provider, lawyer, veterinarian, counselor, or social worker.