

## What Do You Value As Important?

**5 – Very High Importance**

**4 – High Importance**

**3 – Some Importance**

**2 – Very Low Importance**

**1 – No Importance**

**Using the scale above, rank the following statements:**

### **Values that relate to your work environment**

- Risk/Adventure – Your responsibilities at work include taking chances often
- Creativity – You have the chance to create or come up with new ideas
- Challenges – You will be faced with challenges, situations to resolve, and/or problems to solve
- High Paced – Your environment is highly active
- Autonomy – You have much independence in your position
- Change – Being in an environment where change occurs often, or where you have to adapt to new circumstances
- Variety – Your responsibilities are varied allowing for many different experiences
- Authority – Your job gives you the opportunity to be the person who makes decisions
- Competitive – You compete with others in your work environment
- Physical – Your responsibilities include tasks that require physical action
- Money-Making – You have the opportunity to make increasingly large amounts of money
- Leadership – Your responsibilities include supervising others in your environment
- Secure – There is a low likelihood of you losing your position
- Pressure – Your work environment includes many situations in which you are under pressure to perform job responsibilities well or on time
- Predictable – Your responsibilities are predictable, and are not likely to change often
- Flexible – Your environment allows you to have a flexible schedule

### **Values that relate to your personal interests**

- Specialized – In your environment, you are considered an expert in your area
- Recognition/Value – You are appreciated, recognized and valued for your work
- Knowledge Seeking – Your job promotes or encourages the pursuit of knowledge and understanding
- Location – Your job is located in an environment that is comfortable
- Morality – Your work involves tasks that encourage moral standards important to you
- Community – Your job is located where you feel you can get connected and/or involved in the community
- Professional Growth – Your position has good opportunities to move up the career ladder

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**Values that relate to the people in your environment**

- Friendships/Relationships – In your environment, having strong friendships with your co-workers is important
- Helping – Your responsibilities include helping others
- Connection – You feel connected to the organization for which you work
- Control/Power – Your job gives you the chance to control others or their activities
- Contact – Your environment encourages lots of interaction with others
- Isolation – Your environment allows you to spend most of your time working alone
- Societal Importance – Your job impacts society in positive ways

Next, take a moment to review your ratings, and list below those that are of most importance to you.

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Are there other values that were not included on this list? Write those down and rate them as well.

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It is important to consider that which is of great importance to you when choosing a major or a career.

## What Skills Do You Have?

Consider what you feel you are good at doing, and rate your skill level on a scale of 1-5 (5 being highest) for each of the following abilities listed below.

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|--|---|
| <input type="checkbox"/> to inspire trust and confidence   | <input type="checkbox"/> to operate machinery                               |
| <input type="checkbox"/> to motivate others  | <input type="checkbox"/> to investigate                                     |
| <input type="checkbox"/> to guide the activities of others                                       | <input type="checkbox"/> to use space effectively                           |
| <input type="checkbox"/> to work effectively with individuals and groups                         | <input type="checkbox"/> to make well-informed decisions                    |
| <input type="checkbox"/> to plan and organize  | <input type="checkbox"/> to be self-disciplined                             |
| <input type="checkbox"/> to understand emotional and educational needs of others                 | <input type="checkbox"/> to work under stressful conditions                 |
| <input type="checkbox"/> to communicate verbally   | <input type="checkbox"/> to serve others                                    |
| <input type="checkbox"/> to maintain order, resolve differences, anticipate and prevent problems | <input type="checkbox"/> to interact with people from different backgrounds |
| <input type="checkbox"/> to gather information   | <input type="checkbox"/> to lead others                                     |
| <input type="checkbox"/> to present information in a manner that holds attention                 | <input type="checkbox"/> to be reliable                                     |
| <input type="checkbox"/> to adapt and present information to different learning styles           | <input type="checkbox"/> to use diplomacy                                   |
| <input type="checkbox"/> to accurately assess progress of individuals or programs                | <input type="checkbox"/> to take responsibility                             |
| <input type="checkbox"/> to communicate effectively in writing                                   | <input type="checkbox"/> to understand physical needs of others             |
| <input type="checkbox"/> to manage multiple tasks  | <input type="checkbox"/> to assist others in their growth/development       |
| <input type="checkbox"/> to work alone   | <input type="checkbox"/> to help others through stressful times             |
| <input type="checkbox"/> to solve problems   | <input type="checkbox"/> to use time effectively                            |
| <input type="checkbox"/> to identify important issues  | <input type="checkbox"/> to effectively listen                              |
| <input type="checkbox"/> to integrate a variety of concepts                                      | <input type="checkbox"/> to work with numbers                               |
| <input type="checkbox"/> to be organized   | <input type="checkbox"/> to use technology                                  |
| <input type="checkbox"/> to understand how political and social contexts affect behavior         | <input type="checkbox"/> to persuade others                                 |
| <input type="checkbox"/> to attend to details  | <input type="checkbox"/> to be inventive                                    |
| <input type="checkbox"/> to motivate self  | <input type="checkbox"/> to persevere                                       |
| <input type="checkbox"/> to analyze information and situations                                   | <input type="checkbox"/> to be versatile and able to adapt                  |
| <input type="checkbox"/> to critically think   | <input type="checkbox"/> to deal with conflict                              |
| <input type="checkbox"/> to design   | <input type="checkbox"/> to confront others                                 |
| <input type="checkbox"/> to take initiative  | <input type="checkbox"/> to facilitate discussion                           |
| <input type="checkbox"/> to be patient   | <input type="checkbox"/> to create or compose                               |
| <input type="checkbox"/> to be dependable  | <input type="checkbox"/> to perform   |
| <input type="checkbox"/> to be understanding   | <input type="checkbox"/> to debate with others                              |
| <input type="checkbox"/> to speak effectively in front of groups                                 | <input type="checkbox"/> to sell ideas, goods, or services                  |
| <input type="checkbox"/> to create policy  | <input type="checkbox"/> to be flexible to change                           |
| <input type="checkbox"/> to advocate for others  | <input type="checkbox"/> to understand all sides of an issue                |

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Are there other skills that you feel you are good at that have not been included on the list above? List those in the space below, and be sure to rate your ability.

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Review the list, what are your best skills?

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Why do you feel these are your best?

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Which skills do you wish you could improve upon or learn? Why do you feel you should improve on these particular skills?

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