



# MU EXPLORATORY PROGRAM

## WORK VALUES INVENTORY

Values are an important part in the career decision-making process. It is important to select career options, which best fit your values. The list below will help you to identify those values that you think will be important to you in your work. Your work values may change as work situations change. It is important to evaluate your work values often.

Read each value and decide if it is always important to you, sort of important or not important to you. Place an "X" in the appropriate box. The definition is there to help you think about the value. If your definition is different, use your own definition when rating the value.

1. My <u>core values</u> that are important to me in my life are:	Always Important	Sort of Important	Not Important
• <b>Achievement:</b> Being able to meet your goals.			
• <b>Balance:</b> Time for family, work and play.			
• <b>Independence:</b> Control of your own destiny.			
• <b>Influence:</b> Able to have an impact on others.			
• <b>Integrity:</b> Stand up for your beliefs.			
• <b>Honesty:</b> Telling the truth and knowing that others are telling the truth.			
• <b>Power:</b> Control over others.			
• <b>Respect:</b> Care and trust of self and others.			
• <b>Spirituality:</b> Believing in your core beliefs.			
• <b>Status:</b> Having influence and power over others.			

2. I value <u>work environments</u> that are:	Always Important	Sort of Important	Not Important
• <b>Fast Paced:</b> Work that has many things happening at one time.			
• <b>Flexible:</b> Work that is not set to a specific time schedule.			
• <b>High Earnings:</b> Work that has the potential to make a lot of money.			
• <b>Learning:</b> Work that is intellectually challenging to you.			
• <b>Location:</b> Work that is in a convenient place and an easy commute.			
• <b>Predictable:</b> Work where you know what is going to happen day after day.			
• <b>Quiet:</b> Work where there few disruptions throughout the day.			
• <b>Relaxed:</b> Work where there are few pressures to get things done.			
• <b>Structured:</b> Work where it is organized and has a specific set time.			
• <b>Time Freedom:</b> Work where you set your own schedule and plan how and when you do your work.			



# MU EXPLORATORY PROGRAM

## WORK VALUES INVENTORY

3. I value <u>work interactions</u> with co-workers who support:	Always Important	Sort of Important	Not Important
• <b>Competition:</b> Work where you compete with others.			
• <b>Diversity:</b> Work where there are people with different ethnic backgrounds.			
• <b>Friendships:</b> Work where you socialize with co-workers.			
• <b>Leadership:</b> Work where there are good leaders managing the organization.			
• <b>Management:</b> Work where there is strong management.			
• <b>Open Communication:</b> Work where information is not held back from employees.			
• <b>Recognition:</b> Work where you are acknowledged for your work and contribution.			
• <b>Support:</b> Work where you help and support each other.			
• <b>Teamwork:</b> Work where working together is important.			
• <b>Trust:</b> Work where you can count on each other.			

4. I value <u>work activities</u> that are:	Always Important	Sort of Important	Not Important
• <b>Analytical:</b> Work that requires interpretation of data and information.			
• <b>Challenging:</b> Work that is mentally and physically challenging.			
• <b>Creative:</b> Work that uses imagination and creative talents to produce results.			
• <b>Helping:</b> Work that is helping people.			
• <b>Leading Edge:</b> Work on new and innovative products or projects.			
• <b>Physical:</b> Work that has a lot of physical activity.			
• <b>Public Contact:</b> Work that has daily interaction with the public.			
• <b>Research:</b> Work that searches for new information.			
• <b>Risk Taking:</b> Work that may be dangerous or risky.			
• <b>Variety:</b> Work where many different tasks are done during the day.			

Adapted from: [http://www.rop.santacruz.k12.ca.us/resources/career\\_planning/step1tool1.pdf](http://www.rop.santacruz.k12.ca.us/resources/career_planning/step1tool1.pdf)



# MU EXPLORATORY PROGRAM

## LINKING MAJORS AND VALUES

In the following chart, identify from the above charts, what values, environments, interactions, and work activities correlate with your majors of interest.

	<b>Core Values</b>	<b>Work Environment &amp; Interactions</b>	<b>Work Activities</b>
<b>Major #1</b>			
<b>Major #2</b>			
<b>Major #3</b>			
<b>Major #4</b>			
<b>Major #5</b>			

***PLEASE BRING THIS PACKET TO YOUR NEXT MEETING!***