

Values Exercise Relating to Career Choice

Source: *Stirling Careers Consultancy*

1. Look at the following values and decide how important they are to you. 'Not important' means that you don't really mind about this factor. 'Avoid' means that you definitely do not want this in your career choice
2. Once you have completed the first four columns, list the values in the 'Very Important' column in priority order 1-8.

	Very Important	Quite Important	Not Important	Avoid	Listed in Priority order 1-8
Organisation – working in a well-known organisation or service					
Community – working in a place where you get involved in local community					
Physical challenge – work that is physically demanding					
Flexible working – a role in which there is a possibility of working part-time					
Job security – knowing that your work will always be there					
Being an expert – being known as someone with specialist knowledge or skills					
Research – having responsibility for carrying out research					
Learning – a rapid changing role in which you will be continually learning new things					
Types of customers – working with a particular customer group					
Helping people – a role which you help individuals, groups or society in some way					
Predictability – having a routine which is very predictable					
Working with other – working in a team alongside others					
Teaching – being able to teach others					
Challenge – being 'stretched' and given new problems to work on					
Competitive – working a career area to which entry is highly competitive					
Pace of work – a rapid pace of work					
Respect – a high status job					
Excitement – working in a context where you take decisions under pressure					

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	Very Important	Quite Important	Not Important	Avoid	Listed in Priority order 1-8
Community setting – working in a community-based career					
Working with customers – working in a context where you have lots of contact with customers					
Promotion – working in areas where there is a good chance of promotion					
Money – the possibility of earning a higher salary					
Friends – forming friendships with colleagues at work					
Managing time – some flexibility when you carry out your different responsibilities					
Creativity – thinking up new ideas and ways of doing things					
Techniques – being able to perform particular roles/skills					
Recognition – receiving appreciation for the work you do					
Precision – working at tasks which involve great care and precision					
Place of work – working in a specific part of the country					
Variety – having a variety of different responsibilities					
Independence – being able to work on your own					
Managing others – the opportunity to manage a team of people					
Controllable lifestyle – being able to achieve a satisfactory work-life balance					

3. Consider whether your value choices align with your career choices.