UNIVERSITY OF CALGARY
Centre for Career and
Personal Development

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Values

Values are the core principles that guide your life. Understanding them is a crucial piece in helping you identify majors or careers you might find fulfilling. Values provide an internal reference for what is important and desirable to you and get at the heart of who you are. What are you seeking from your education, personal life, and career? Reflect on and answer the following questions to begin thinking about your values.

What is important to you in your life; what are major priorities for you (for example, family, learning, money, relationships, health, travel)?

1. _____
2. _____
3. _____
4. _____

When you were growing up, what did your family value?

1. _____
2. _____
3. _____

If you could design the ideal or perfect job, what attributes would it have (for example, high salary, flexibility, recognition)?

1. _____
2. _____
3. _____

Think about past or current experiences you have had (jobs, volunteering, hobbies, projects, etc.). What was it about these jobs or positions that you valued?

1. _____
2. _____
3. _____

What else do you value in an organization, work, educational setting and in your life?

1. _____
2. _____
3. _____

Take a look at the Work Values list and select those that are most important to you. Review your answers. Choose the eight values that are most important to you. Write them below.

Values Reflection

What surprises were there, if any?

What is one value that stands apart from the others? This can be considered a cornerstone value.

What possible careers could be suggested from your top values?

Additional Resources and Activities

- For each of your values, write one or two statements about what each value means to you and comment on how it may impact your career choices or path.

Additional Questions for Reflection

- How would you describe your values related to academics or education?
- Are your choices in life influenced by religious, spiritual, moral, ethical or political beliefs?
- How important is it for you to help others or serve your community?
- Think of a few people you admire or respect. Why do you admire them? How would you like to be like them?