

Lesson 2: Values and Attitudes

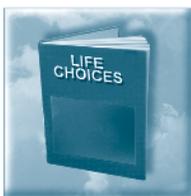
Do you have an item that has sentimental value for you? For example, an old baseball glove may have sentimental value for you because you used it when you won your first tournament. When you look at it now, you might recall the pride and excitement you felt when your team won. The glove may bring back memories of your teammates and friends from that time. Perhaps you now consider the glove a lucky charm. To someone else it might have no value at all; it might just look like an old baseball glove. Objects only have value and importance because of what they represent to someone.



What is most important to you? What do you want out of life? Examining what you value in life can help you realize what you need to achieve a successful and happy life. The value of something is the worth you place on it. When you value something, whether it's an object, a quality, or an idea, it is important to you. Your values may be different from those of other people.

Perhaps your values include the following:

- good health
- hard work
- independence
- money
- love
- popularity
- authority
- happiness
- loyalty
- spiritual beliefs
- prestige
- nature
- recognition
- achievement
- honesty
- friendship
- education
- usefulness
- family
- approval
- acceptance



To help you begin an exploration of your aspirations, dreams and goals, read “Wish List” on pages 9 and 10 of *Careers*. The focus of the article is on using wishes to set goals.

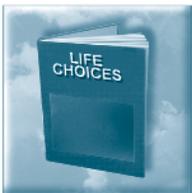
1.
 - a. What kind of wish list do you have? Create your own wish list. The wishes you list will illustrate some of your values—what you believe is important.
 - b. Select those wishes on your list that you consider to be dreams. Are some of your dreams achievable? Are some unachievable? Should you delete any of these from your wish list?
 - c. Review your list and decide which five wishes are most important to you. How do these wishes illustrate your values?
 - d. What type of career would help you best satisfy the five wishes that are the most important to you?

Compare your answers with the Suggested Responses at the end of the lesson.



Your personal values are based on beliefs you consider to be truly important. Your values are based on your principles—beliefs about morality and what is right and wrong.

Personal values guide you as you decide how to live your life. They influence your actions, choices, and decisions. An attitude, an opinion, or way of thinking about something reflects how you put your values into action.



Read “What Matters Most to Me” on page 11 of *Careers*. Then turn to page 12 of *Careers* and complete the “Work Values Inventory.”



Continue your assessment of work values. Go to Segment 18: Work Values Inventory on your Student Support CD. Complete the inventory to gain an awareness of your work values. Consider each item carefully. Use your responses to the inventory to answer the following questions.

2.
 - a. Select three statements from your *Yes* list that are most appealing to you. Write a brief explanation of why each statement is appealing. What do these statements tell you about what is important for you to do at work?
 - b. Select three statements from your *No* list, and briefly describe why each value does not matter to you. What do these statements tell you about what you do not want to do at work?

Compare your answers with the Suggested Responses at the end of the lesson.



There are many personal values assessment tools and inventories available. Your school counselling area or local employment centre might have more value assessment tools for you to work through. Many websites also offer values and attitudes inventories. Complete a search or visit a web site like the following:

<http://www.usd.edu/trio/tut/time/workinv.html>

Assessing your personal values can be quite a task because

- you have a unique set of personal values
- you are not always conscious of all the values you have
- some values are more important than others
- you may experience conflict among the values you hold
- you may experience conflict between the values you hold and the values held by other people in your life
- values can shift depending on the situation

Knowing your values gives you an awareness of yourself, which can help you make choices and decisions.

There is no assignment for this lesson. You will use the information from this lesson to respond to the assignment for Lesson 3.

¹ Judith Campbell *Lifechoices: Careers Teacher Resource* (Scarborough: Prentice Hall Ginn Canada, 1999), 53. Reprinted with permission by Pearson Canada.

Looking Back; Looking Ahead

By now you have no doubt realized how closely values and attitudes relate to personality traits. You can see also how your interests are related to values, attitudes, and personality traits. All are integrated in you as a unique human being. In the next lesson, you will continue your personal inventory by looking at your interests, abilities, and skills.

Suggested Responses

- You probably listed wishes in many areas—financial, relationships, career, and so on. You should have listed all those things you think would make an ideal life for you.
 - Are some of these wishes “dreams” that could never come true? This list of impossibilities should be quite short, as most of what you listed could probably become reality with hard work and planning, and sometimes good luck. For example, you might think that “have a million dollars” is just a dream that is unachievable. But many people have achieved bank accounts of a million dollars through hard work and saving. The only wishes you should take off the list are the ones that do not really matter to you.
 - What are the five wishes you chose as most important? What values do they represent? For example, if one of your wishes was to “win a marathon,” you might say it shows that achievement or recognition is one of your values.
 - If you listed money as a focus, you need to pursue a career that pays well, or consider becoming an entrepreneur. If you said a happy family life was a top priority, then a career that demands your being away from home often might not be the best choice.
- a. and b.** Your inventory choices will, of course, be personal. Your responses for questions a. and b. should help you to recognize appropriate occupations that fit with your values.

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