

VALUES SURVEY

	Very True	Sometimes True	Not Sure	Not True
1. I would rather have a large expensive house than own a work of art.				
2. I like to go places with my friends.				
3. I'd really like to travel to far away places.				
4. I think music and art should be required in our schools.				
5. It is important that my family does things together.				
6. I like to make things.				
7. I would rather be president of a club than just a member.				
8. I'd like people to know that I've done something well.				
9. I like to read books that help me understand people.				
10. If I had talent, I'd like to be on TV.				
11. Having an expensive car is something I'd really like.				
12. If I could, I'd like to make a movie that would make people aware of injustice, and would improve the conditions it described.				

	Very True	Sometimes True	Not Sure	Not True
13. I'd rather be rich than married.				
14. I like writing stories, plays, or poetry.				
15. I like to try things I've never done before.				
16. I enjoy doing different things.				
17. It is important to be proud of what I do.				
18. If my friends want to do something that I think is wrong, I will not do it.				
19. I'd like to accomplish something in life that will be well known.				
20. A strong family unit is essential to me.				
21. I would disobey a boss who asked me to do something against my principles, even if it meant being fired.				
22. It is important for me to have a good understanding of history.				
23. If I could, I'd like to be president.				
24. It would be fun to climb mountains.				
25. It is very important for me to live in beautiful surroundings.				
26. I like to go to parties.				

	Very True	Sometimes True	Not Sure	Not True
27. It is important to have very good friends.				
28. I would rather make gifts than buy them.				
29. I am very close to my mother, father, or both.				
30. I like to attend lectures from which I can learn something.				
31. It is more important to stick to my beliefs than to make money.				
32. I would rather make less money at a job I know would last than take a chance with a job that might not last but pays more.				
33. I would like a lot of expensive possessions.				
34. I would rather be free to move around than be tied down by a family.				
35. I like to feel that I am in charge in a group.				
36. It is important to have an appreciation for art or music.				
37. I like to write.				
38. I'd look forward to taking a job in a city I had never visited before.				
39. Having children is important to me.				

	Very True	Sometimes True	Not Sure	Not True
40. I'd like to understand the way a TV works.				
41. I'd like to be able to decide what and how much work I will do during a day.				
42. I'd like to do something that helps people.				
43. I'd like to be famous.				
44. I'd rather be a judge than a lawyer.				
45. I do not think I'd like adventurous vacations.				
46. I would like to have works of art in my home.				
47. I would like a job that gives me plenty of free time to spend with my family.				
48. I could not be happy with a job in which I did not feel good about myself.				
49. I get very nervous when I'm forced to take chances.				
50. I would rather be a boss than a worker.				
51. It is important to share activities with friends.				
52. If I knew how, I would make my own clothes.				

	Very True	Sometimes True	Not Sure	Not True
53. I would rather not have to answer to a boss.				
54. Gaining knowledge is important to me.				
55. I'd rather work for a well-established company than a new company that hasn't established itself.				
56. Money can't buy happiness, but it helps.				
57. Being rich would be the best thing about being a movie star.				
58. Being famous would be the best thing about being a movie star.				
59. The best thing about being a movie star is that I'd be doing something creative.				
60. I like to be able to make my own decisions.				
61. Getting to travel would be the best thing about being a movie star.				
62. I'd like to nurse people back to health.				
63. I would like helping tutor people having trouble at school.				
64. I feel more comfortable in places I've seen before than in new places.				
65. I'd like to work at a job in which I help people.				

	Very True	Sometimes True	Not Sure	Not True
66. I enjoy spending an evening with my family.				
67. I'd rather work at a job that is not very interesting but pays a lot, than one that is interesting, but pays little.				
68. I would like to write a book that would help people.				
69. I want to be able to travel if the opportunity arises.				
70. If I had the talent, I'd like to be a famous rock star.				
71. I like reading to gain insight into human behavior.				
72. It is important to share your life with someone.				
73. If you don't take chances, you'll never get anywhere, and I like to take chances.				
74. I'd rather be a leader than a follower.				
75. The world would be a terrible place without beautiful things.				
76. It is important to try to learn something new every day.				
77. I would feel I was doing something worthwhile if I helped a friend with her problems.				
78. I especially like things I make myself.				
79. A close family is important to me.				

	Very True	Sometimes True	Not Sure	Not True
80. I think it is important to donate to the needy.				
81. I enjoy looking at beautiful scenery.				
82. The best thing about winning a gold medal at the Olympics would be the recognition.				
83. I like to go on hikes (or bike rides) with my friends.				
84. I have strong beliefs about what is right and wrong.				
85. It is important to have a family with whom to discuss problems.				
86. I'd like an exciting life.				
87. I prefer working by myself rather than as part of a team.				
88. I'd like to know all that I can about the workings of nature.				
89. I think it's wrong to help a friend cheat on an exam, even if I know he will fail if I don't help.				
90. Having a job I know I can keep is important to me.				
91. I'd like to have enough money to invest for the future.				
92. I don't like someone assigning me tasks to do.				
93. I do not like being alone very much.				

	Very True	Sometimes True	Not Sure	Not True
94. I like to take charge of organizing activities.				
95. I think saving money for the future is very important.				
96. When I've done something I'm proud of, it's important that other people know.				
97. I would rather make less money at a job in which I choose my own work, than make more money at a job in which someone tells me what to do.				
98. People should contribute a small amount of money to be used to decorate public buildings.				
99. I don't like to take risks with money.				
100. I like thinking of something that's never been done before.				
101. I would not like a job in which I travelled a lot and could not have lasting relationships.				
102. If a teacher accidentally left test answers where I could see them, I would not look.				
103. I like people to ask me for my opinion when trying to decide the best way to handle a situation.				
104. If I could, I'd like to make a movie that people would think is beautiful.				

Turn back to the first page of this exercise. Above the words "Very True" write a 9. Above the words "Sometimes True" write a 6. Above the words "Not Sure" write a 3. Above the words "Not True" write a 0. Do the same for each page of the exercise.

Now, for each number listed below, write the numerical value of the response you selected. For example, if on number 1 you selected "Sometimes True" put a 6 on the line next to number 1. When all the lines have been completed, total the numerical responses under each heading.

<u>FAMILY</u>	<u>ADVENTURE</u>	<u>KNOWLEDGE</u>	<u>POWER</u>
5 _____	3 _____	9 _____	7 _____
20 _____	15 _____	22 _____	23 _____
29 _____	16 _____	30 _____	35 _____
39 _____	24 _____	40 _____	44 _____
47 _____	38 _____	54 _____	50 _____
66 _____	61 _____	71 _____	74 _____
79 _____	73 _____	76 _____	94 _____
85 _____	86 _____	88 _____	103 _____
Total _____	Total _____	Total _____	Total _____

<u>MORAL JUDGEMENT & PERSONAL CONSISTENCY</u>	<u>MONEY OR WEALTH</u>	<u>FRIENDSHIP & COMPANIONSHIP</u>	<u>RECOGNITION</u>
17 _____	1 _____	2 _____	8 _____
18 _____	11 _____	26 _____	10 _____
21 _____	13 _____	27 _____	19 _____
31 _____	33 _____	51 _____	43 _____
48 _____	56 _____	72 _____	58 _____
84 _____	57 _____	83 _____	70 _____
89 _____	67 _____	93 _____	82 _____
102 _____	91 _____	101 _____	96 _____
Total _____	Total _____	Total _____	Total _____

<u>INDEPENDENCE & FREEDOM</u>	<u>SECURITY</u>	<u>BEAUTY OR AESTHETICS</u>	<u>CREATIVITY</u>	<u>HELPING OTHERS</u>
34 _____	32 _____	4 _____	6 _____	12 _____
41 _____	45 _____	25 _____	14 _____	42 _____
53 _____	49 _____	36 _____	28 _____	62 _____
60 _____	55 _____	46 _____	37 _____	63 _____
69 _____	64 _____	75 _____	52 _____	65 _____
87 _____	90 _____	81 _____	59 _____	68 _____
92 _____	95 _____	98 _____	78 _____	77 _____
97 _____	99 _____	104 _____	100 _____	80 _____
Total _____	Total _____	Total _____	Total _____	Total _____

For which category is your total the highest? That's the value most important to you at present. However, values can change, and in fact, usually do. For this reason, you may wish to take the Values Survey again in a year or two.

What do the categories mean? Descriptions of each category follow:

FAMILY

Someone with a very high score in this category greatly values the closeness of a family. Parents and children feel close to each other and spend much time together. "Family" can also mean other persons or friends who are close to you, if you choose not to join a traditional family. Your inner circle of acquaintances is important. You are a people person. If you score high in this area, you will want a job that allows you plenty of time at home where you can enjoy family and friends. Your work hours should be consistent and stable. You probably would not be happy as a travelling sales representative, a forest ranger, or a nun.

ADVENTURE

In contrast to the preceding, a career that calls for a lot of travel may be just right if you value adventure. You certainly would not be satisfied with a job in which the routine is the same day after day. Your score shows that you would like to have varied job duties and that you are comfortable taking risks.

See how easy this is? But, oops! What if you have high scores in two categories? Could you have a happy family life and lots of adventure, too? It's possible. Here is where you have to make some choices and spend time comparing careers. Which do you value more? If you're an adventure-loving family woman, you may have to settle for hang gliding on weekends, or making an expedition through the wilderness each summer, rather than being a foreign correspondent or an international jewel trader.

KNOWLEDGE

If you value knowledge, you will want a career that lets you keep on learning. Teaching is an obvious choice, but you might also consider doing research - scientific, historical, political, or whatever. Being a journalist who covers different stories every day and spends time reading reports and interviewing people might also be a good choice.

POWER

It's hard to find an entry-level job with a lot of power, but if that's what you value, you'll want to make sure that there's plenty of room for advancement in your chosen field. You should prepare yourself to take a leadership role by pursuing advanced education or by learning more skills in your field. Or, you might want to start your own business. That way you can be president immediately - even if you're the only employee!

MORAL JUDGEMENT AND PERSONAL CONSISTENCY

If you scored high in this category, you'll want to make sure that your career choice is one you feel is worthwhile; that is, one you can be proud of, no matter what other values it mirrors. For example, if you also had a high adventure score, you would probably be more satisfied as a Peace Corps worker than as a bomber pilot.

MONEY

Obviously, if money is your top value, you will look carefully at potential earnings for any job you take. Since making a lot of money usually entails spending long hours on the job, you should consider your other values in choosing a field which will hold your interest. You may have little time for family, friends, or outside hobbies. Check the salary levels of a wide range of jobs before starting to narrow your choices.

FRIENDSHIP AND COMPANIONSHIP

If friendship and companionship are important to you, your job should involve working closely with others. Being shut away in a laboratory or sitting in a cubicle with a calculator will probably hold few charms for you. If you get along well with others and can talk easily with people you don't know well, you might consider working in sales or public relations. If having time for close friendships outside of work is important, though, you won't want a job that involves a great deal of travel or overtime.

RECOGNITION

Is recognition what you want? If so, you'll do best choosing something for which you have a talent, something that will let you work to develop the talent. Of course, some fields have more potential for recognition built into them than others. There may be very few world-renowned bus drivers, but the fact remains that in many communities there are bus drivers everyone knows and respects. It often depends on how you do your job, not just what job you do.

AESTHETICS

People who score high in aesthetics (love of beauty) like to be surrounded by beauty. If this describes you, you might be happy as an interior designer or an art dealer. You might like being a forest ranger at a national park or an executive in a plush office. You would almost certainly be unhappy as a garbage collector or coal miner.

CREATIVITY

Writers and artists are often thought of as creative, but creativity is an important asset in other fields as well. If you value creativity, you will want a career that gives you room to make choices and decisions, to put your ideas into effect, and to evaluate the results of your efforts. You probably wouldn't be happy in a job that is rigid or inflexible. You might find a use for your creativity by working as a program director for a senior citizens' group, as an engineer in a large research firm, or as a landscape architect.

HELPING OTHERS

Women who value helping others have traditionally become teachers and nurses. But, there are many other options. Doctors, social workers, psychologists, counsellors, writers, politicians, lawyers, dietitians, speech pathologists and physical therapists are just a few of the career possibilities for those scoring high in this area.

INDEPENDENCE

If you value independence and freedom, you should beware of careers which are rigidly supervised or scheduled. Some sales representative positions allow you a great deal of freedom. People who work on a free-lance basis, or as consultants, may be able to decide where, when, and how much work they will do.

SECURITY

Careers with well-established companies, or those in areas that are basic to human needs and not likely to become obsolete, are good choices for someone who values security. Such a person is usually happier with clearly defined work.

RE-EXAMINE YOUR VALUES THROUGHOUT YOUR LIFE TO MAKE SURE YOU AREN'T WORKING HARD AND GIVING UP THINGS THAT ARE IMPORTANT TO YOU FOR THE SAKE OF SOMETHING YOU NO LONGER VALUE.