

Values

Learning Outcomes

- Define what values are
- Identify your personal values
- Relate your values to your current goals in college

What are “Values?”

Write down your ideas

What are “Values?” (cont.)

According to google, values are defined as:

- A person's *principles or standards of behavior*
- One's judgment of *what is important* in life
- Values are those *inner standards* that *motivate you to act* as you do.
- Values allow you to *judge behavior* (both yours and others).
- Values signify what is *worthwhile*.

(Adapted from information at nwabr.org Teaching Background: Choices and Values)

Types of Values

- Creativity
- Connection with nature/environment
- Relationships with family/friends
- Achievement in career
- Money, wealth or status
- Athleticism/fitness
- Political views

Types of Values (cont.)

- Compassion and kindness/helping society
- Social/cultural/racial identity
- Learning and gaining knowledge
- Honesty or integrity
- Independence
- Sense of humor/having fun
- Spirituality or religion

Values Reflection

- Think about why you chose the values you did
- Why are they meaningful to you?
- Choose the MOST important value out of your top 3
- Spend the next 5 minutes free-writing:
 - What does this value mean to you?
 - Describe a time when your actions matched this value

Goals vs. Values

It's good to be goal driven! But it's even better to work toward goals in a way that lives up to our values!

Value-driven behavior

Write:

- What is one goal you have right now in college?
- How can you apply your values as you work toward your goal?