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?