

Values & Preferences

Stephen F. Austin State University | Center for Career and Professional Development

Career Values

When considering your potential career, what aspects strike you as most important? What aspects would you consider most rewarding? By recognizing values that are important to you and incorporating them into your career exploration, you can select a satisfying career. Below is a list with varying values. List the five you deem most important and cross out the five least important ones. Also, think about the value on which you would be reluctant to compromise and which value you would be willing to give up.

- | | | |
|--|------------------------------|------------------------------------|
| Opportunity for growth/chance to advance | Location of the workplace | Having authority or responsibility |
| Money earned/Financial rewards | Intellectual challenges | Having time for personal life |
| Working for something you believe in | Power | Enjoyable colleagues |
| Prestige | Ease or freedom from worries | Recognition |
| Enjoyable work tasks | Being an expert | Job security |
| Good benefits or vacation | Independence on the job | Chance to make an impact |
| Learning from the job | Clear expectations | Low pressure |
| Regular travel | Room for creativity | Helping others |
| Having your own office | Working as part of a team | Professional status |

Are there any others? _____

My five key values are:

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

Environment/Lifestyle

Envision your life and your future. What lifestyle do you see yourself living? What do you want out of your career? Do your lifestyle and career choices coincide? These are all aspects that must be taken into account. Circle three lifestyle values that you deem most important.

- | | | |
|------------------|---------------------------------|------------------------|
| House | Access to movies or restaurants | Live near workplace |
| Apartment | Access to culture centers | Have free time |
| Rural setting | Be active in community | Live near family |
| Suburban setting | Own many possessions | Live near water |
| City | Travel frequently for pleasure | Live in a warm climate |

My three lifestyle choices that are the most important are:

1. _____
2. _____
3. _____