

Make Powerful Choices

Your personal values play a large role in the decisions you make on a day-to-day basis, and on the goals that you set for yourself in your own life. In this lesson, you will investigate what you value most, and how that plays a role in the decisions you make. You will also reflect on how your decisions and choices will have an impact on other areas of your life and those around you. By the end, you will understand how using your values and decision-making skills to practice continuous career planning can benefit you long-term.

Values are a person's principles or standards of behavior; one's judgment of what is important in life.

Read the story: [Chameleon](#)

Read the story: [Computer Keyboard](#)

Read the articles linked above and consider the following questions.

1) What thing(s) did the narrators in these stories seem to value the most?

Did these values change?

2) What decisions did the narrators make based on their values?

3) Did these decisions impact anyone else? Did they impact many areas of the narrator's life?

It is important to recognize that our personal values play a large role in the decisions we make in our daily lives. Equally important, is to recognize how those decisions can affect others in our school, workplace, or community. These choices can also impact decisions we make later on, or in more significant areas of our life!

[Take the Work Values Quiz](#)

Record Your Results

Core Values:

Work Environment Values:

Work Interaction Values:

Work Activity Values:

Do you feel that these results are accurate? Can you think of any examples where these values were obviously influencing your choices at school/work/life?

The following scenarios would force someone to make a decision based on challenging circumstances and weighing in on different values. For each scenario, write what decision you would make if you were in this position.

Scenario 1

You recently started a new job working in a popular clothing store in the mall. In the discussion prior to your hiring, you indicated that you would need certain evenings free to focus on schoolwork and college prep courses. You also stated that you would prefer not to work consecutive weekends. Despite that, every time the new work schedule is released, your boss assigns random shifts and disregards your requests. HOW WILL YOU FOLLOW UP?

Scenario 2

You are on the starting line-up of your high school basketball team. You work hard to be on time to practice, do extra drills at home, and stay up on your schoolwork so you can play your best. On Wednesday night, you need to leave practice 30 minutes early to attend your little sister's first dance performance. You know that the last

30 minutes will be free throw drills, which you are excelling at anyway. However, your teammate, Don, has also requested to leave practice early that day because he wants to attend a concert. Don has been benched for two weeks because of low grades and he has been struggling in practice because he hasn't been sleeping or eating during the day. HOW SHOULD THE COACH HANDLE THIS SCENARIO?

Scenario 3

Heather is a physician at a large urban hospital. Wednesdays at 4 PM she attends a one-hour, clinic administration meeting. If Heather leaves by 5 PM she arrives home in time to allow the nanny to get to her own children's after-school program on time. At 5 PM, Heather stands up to leave. One of the clinic administrators asks if she can stay a few more minutes until they are done. Heather dreads saying she has to leave to relieve the nanny, because she is afraid that her colleagues may judge her as having a poor work ethic. HOW SHOULD HEATHER PROCEED?

Scenario 4

Ever since you were 5 years old, you have wanted to go to college to become an Architect. You have worked hard to get high scores on your college entrance exams, and took all of the courses available to you that would prepare you for your program. When applying for colleges, you know that Yale has the best program, but it is across the country from your family. Your dad really wants you to attend Cal Poly, his Alma Mater. While it is closer to home and a connection to family, Cal Poly doesn't have an exceptional Architecture Degree Program. When college acceptance letters start to arrive, you are accepted to both. WHAT DECISION SHOULD YOU MAKE?
