**3.1. PRACTICAL ASSIGNMENT**

**Career values assessment**

**Objective.** To gain understanding of career values and assess their importance in personal career planning. an in-depth

**What needs to be done?**

Below is a list of career values and a brief description of each value. Please review this list carefully and choose the **7 values that are most important to you**. Write these values down on a separate sheet of paper.

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| Career-related value | Description of the value |
| *Risks* | Opportunity or need to take risks |
| *Government* | The ability to control the work of others in certain positions |
| *Competition* | Opportunity to compete |
| *Creativity and self-expression* | Using your imagination and finding new and unconventional ways of doing things |
| *Flexible working hours* | Ability to plan your own working hours |
| *Helping others* | Being able to help others directly with their problems |
| *High salary* | Opportunity to earn a lot |
| *Independence* | The freedom to decide what to do and how to do it |
| *Influence on others* | Ability to influence the opinions or decisions of others |
| *Mental work* | A job that requires a lot of intensive thinking |
| *Leadership* | Opportunity to take a leadership role |
| *Work outside the office* | Possibility to work off-site |
| *Persuasion* | The ability to personally persuade (persuade) others to take certain actions |
| *Physical work* | Opportunity to work in jobs requiring physical activity |
| *Prestige* | Access to a job that gives you status and respect in society |
| *Public attention* | the opportunity to be visible in the public sphere well and quickly enough |
| *Community work* | Opportunity to work on societal issues |
| *Recognition* | The opportunity to be publicly recognised |
| *Research* | The opportunity to explore and find new patterns, facts and ways to apply them |
| *Stability* | Ability to work within a set of defined, low-volatility procedures |
| *Seasonal work* | Possibility to work only during certain periods of the year |
| *Travel* | Opportunity to travel frequently |
| *Diversity* | The opportunity to work in a job with a variety of tasks and where responsibilities change frequently |
| *Working with children* | Opportunities to teach or care for children |
| *Handmade* | Ability to work by hand or with hand tools |
| *Working with machinery or equipment* | Ability to work with machinery or equipment |
| *Working with numbers* | Ability to work with numbers, mathematics or statistics |
| *Long holidays* | Opportunity to take longer holidays than usual |
| *Working in a team* | Opportunity to work in a highly interactive team |
| *Working in a fast-paced environment* | The opportunity to work in an environment where change happens very quickly |
| *Realising moral values* | Opportunities to live up to the moral values you have |
| *Opportunity to work in your main area of interest* | The opportunity to work on what you find most interesting |
| *Leisure*  | The ability to combine work and leisure easily and to have enough time for leisure activities |
| *Getting a fast start in your career* | The opportunity to start work as soon as possible in your chosen field |
| *Security* | Feel confident about life |
| *Promotion* | Opportunities for career progression or career advancement |
| *Getting better* | The opportunity to get better at your chosen activities |

Once you have selected the 7 most important values, go through them again and drop one of the least important values at a time until you are left with the 3 most important values. This will help you to have a clear understanding of which values are essential in the context of your career

Look again at the values you have identified as most important to you and consider:

*1. Are the core values you have chosen in line with your current career choice?*

*2. Which values have been realised and which have not?*

*3. What could you do yourself to realise the unrealised values that are important to you?*

*4. How might the values you choose change over time and how might this affect your career plans?*