

# Values Related to Major and Career

Many people are unhappy in their jobs due to a mismatch between their values and the workplace environment. Evaluating your values in relation to majors and careers is crucial for making informed decisions. Examples include:

- Doing work that is meaningful and purposeful or that allows you to make a positive contribution to society
- Working outdoors or in some other specific work setting
- Having a job that allows you to travel
- Being able to spend time with your family

This assessment (from <http://careerplanning.about.com>) helps clarify your values. Once you understand what's important to you, you can evaluate different majors in line with those values.

## Values Related to Major and Career

### Intrinsic Values

These are the intangible rewards tied to daily motivation and job satisfaction. They offer the inner fulfillment that makes people say, "I love getting up and going to work!"

**Put a check mark next to your top 3 intrinsic values:**

- |  |   |
|--|---|
| <input type="checkbox"/> Variety and change at work          | <input type="checkbox"/> Compete with others                      |
| <input type="checkbox"/> Be an expert                        | <input type="checkbox"/> Have lots of public contact              |
| <input type="checkbox"/> Work on the frontiers of knowledge  | <input type="checkbox"/> Influence others                         |
| <input type="checkbox"/> Help others                         | <input type="checkbox"/> Engage in precision work                 |
| <input type="checkbox"/> Help society                        | <input type="checkbox"/> Gain sense of achievement                |
| <input type="checkbox"/> Experience adventure/excitement     | <input type="checkbox"/> Opportunities to express your creativity |
| <input type="checkbox"/> Take risks/have physical challenges | <input type="checkbox"/> Work for a good cause                    |
| <input type="checkbox"/> Feel respected for your work        |   |

### Extrinsic Values

These are the tangible rewards or conditions at work, including the physical setting, job titles, benefits, and earning potential.

**Put a check mark next to your top 3 extrinsic values:**

- |  |   |
|--|---|
| <input type="checkbox"/> Have control/power/authority        | <input type="checkbox"/> Be wealthy                                     |
| <input type="checkbox"/> Travel often                        | <input type="checkbox"/> Have prestige or social status                 |
| <input type="checkbox"/> Be rewarded monetarily              | <input type="checkbox"/> Have intellectual status                       |
| <input type="checkbox"/> Be an entrepreneur                  | <input type="checkbox"/> Have recognition through awards/honors/bonuses |
| <input type="checkbox"/> Work as a team                      | <input type="checkbox"/> Wear a uniform                                 |
| <input type="checkbox"/> Work in a fast-paced environment    | <input type="checkbox"/> Work in an aesthetically pleasing environment  |
| <input type="checkbox"/> Have regular work hours             | <input type="checkbox"/> Work on the edge, in a high-risk environment   |
| <input type="checkbox"/> Set your own hours/have flexibility |   |

### Lifestyle Values

These values reflect your lifestyle choices, leisure activities, and views on money.

**Put a check mark next to your top 3 lifestyle values:**

- |  |  |   |
|--|--|---|
| <input type="checkbox"/> Save money  | <input type="checkbox"/> Entertain at home       | <input type="checkbox"/> Live abroad                                |
| <input type="checkbox"/> Vacation at expensive resorts                     | <input type="checkbox"/> Be involved in politics | <input type="checkbox"/> Have time for spirituality/personal growth |
| <input type="checkbox"/> Have access to educational/cultural opportunities | <input type="checkbox"/> Live simply             | <input type="checkbox"/> Be a homeowner                             |
| <input type="checkbox"/> Live close to sports/recreational facilities      | <input type="checkbox"/> Spend time with family  | <input type="checkbox"/> Live in a rural setting                    |
| <input type="checkbox"/> Be active in your community                       | <input type="checkbox"/> Live in a big city      | <input type="checkbox"/> Have fun in your life and at work          |

Are there specific majors that will allow you to incorporate the values you have chosen into your life? If so, list them. If not, be patient. Sometimes, other parts of the EXPLORE stage will help you get clarification on a major.

