

CareerOneStop Values Assessment

Name:

Date:

What are your values?

Values are your beliefs about what is worthy and important. Your values give you a sense of meaning and purpose, and influence how you lead your life. When your career aligns with your values, you tend to:

- Feel motivated and engaged at work
- Gain job satisfaction
- Share more in common with co-workers

On the other hand, working in a job that goes against your values can lead to dissatisfaction, confusion, and discouragement. So, there is a good reason to know your values and work in a job that matches them.

There are six core work values. What motivates you?

- **Achievement.** Result-oriented work, allowing you to use your best abilities and gain a feeling of accomplishment.
- **Independence.** Jobs that allow you to use your initiative and make decisions on your own.
- **Recognition.** Jobs with good prospects for advancement, prestige, and potential for leadership.
- **Relationships.** Jobs that reflect your ethics and allow you to be of service to others. Workplaces with a friendly, non-competitive environment.
- **Support.** Workplaces with high levels of trust in leadership and a reputation for competent, considerate, and fair management.
- **Working Conditions.** Jobs that offer one or more of these: job security, to be busy all the time, work alone, have a variety of tasks, and earn a fair salary.

Are you ready to discover your values? Get started with the value assessment. Use the [Values Matcher](#). Rate your *current* values. Your career results will be ranked in order of how well they match your values.

Based on my assessment, my top three values from my list are:

Value 1:	Definition:
Value 2:	Definition:
Value 3:	Definition:

Return to the list of occupations. On the left, select the amount of education you plan to pursue. Look through the occupational choices.

Select three occupations that most interest you. Read and view the videos for each, and then answer the following:

Job Title 1:
Typical wages:
Projected employment:
Typical education:
Share what you might do in a day:
Pros and cons of this job based on your values:

Job Title 2:
Typical wages:
Projected employment:
Typical education:
Share what you might do in a day:
Pros and cons of this job based on your values:

Job Title 3:

Typical wages:

Projected employment:

Typical education:

Share what you might do in a day:

Pros and cons of this job based on your values:

Based on your values, which job would be the best fit for you and why?