

## Work values Exercise – Your priorities

Look at the following factors and decide how important they are to you. 'Not important means that you don't really mind about this factor. 'Avoid' means that you would rather not have this in your career choice

	Very important	Quite important	Not important	Avoid
Organisation – Working in a well-known organisation, company or corporation				
Community – Working in a place where you can get involved in the local community				
Physical challenge – Work that is physically demanding				
Flexible working – A role in which there is the possibility of working part-time				
Job security – Knowing that your work will always be there for you				
Being expert – Being known as someone with specialised knowledge & skills				
Research – Having the opportunity to carry out research				
Supervision – Having responsibility for supervising others				
Learning – A rapidly changing role in which you will continually be learning new things				
Working with a particular group/client – e.g. children/adults/general public/others				
Helping people – A role which you help individuals, groups or society in some way				
Predictability – Having a routine which is fairly predictable				
Working with others – Working in a team alongside others				
Numbers – Having the opportunity to work with numbers				
Challenge – Being 'stretched' and given new problems to work on				
Competitive – Working in an area to which entry is highly competitive				
Pace of work – A rapid pace of work				
Respect – A high-status job				
Excitement – Working in a context where you take decisions under pressure				
Project management – Chance to work on long-term projects				
Contact with people – Working in a context where you can get to know clients/customers				
Promotion – Work in which there is a good chance of promotion				
Continuity of relationships – Building up rapport with customers/clients				
Money – The possibility of earning a high salary				
Friends – Forming friendships with colleagues at work				
Managing your time – Some flexibility in when you carry out your different responsibilities				
Creativity – Thinking up new ideas and ways of doing things				
Recognition – Receiving appreciation for the work you do				
Conscientiousness – Working at tasks which involve great care and conscientiousness				
Place of work – Working in a specific part of the country				
Variety – Having a variety of different responsibilities				
Independence – Being able to work on your own				
Managing others – The opportunity to manage people (now or in the future)				
Teaching – Being able to teach others				
Writing – Getting the opportunity to write (documents, reports, for a website, creatively etc)				
Controllable lifestyle – Being able to achieve a satisfactory work/life balance				

N.B. Other values can be added in the blank spaces provided.

Now rank the factors within each level of importance of priority. (Obviously, things that are 'Not important' don't need ranking!)

	Very important	Quite important	Avoid
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