WHO AM I?" "WHERE AM I GOING?" "WHY AM I DOING THIS?"

These are important questions that you ask yourself at various times throughout your life. The answers, which are significant life decisions, will determine what major you study in college, what kinds of jobs you take, what kind of employers you work for, who your friends are, who you marry, what your priorities are, etc.

While many of us spend a good deal of time and energy trying to answer the question of who we are and where are we going, we may forget to look closely at where and how we derive meaning in our life - that is, assess the values that drive our life decisions. This is an important process because values are not rigid; they shift and change as we mature.

CLARIFYING OUR VALUES

Psychologist Carl Rogers stated, "Clarifying your values is the essential first step towards a richer, fuller, more productive life." In a diverse environment such as college, you continually face new experiences and challenges. How you choose to respond to these situations and the decisions you make will be influenced by your values. So, this is an excellent time to take a close look at what you value and whether it fits with who you are now.

This process of value clarification is a "must-do" activity if you are to become autonomous. And becoming autonomous is what college is all about: acquiring new knowledge with which to evaluate your world; acquiring new skills so that you can live independently; developing decision-making abilities that allow you to weigh options and choose those that are healthy for you. Becoming actively aware of what you value allows you to question, search, decide, and act. Consciously knowing your values will allow you to respond to life, not just react to it. That is, when you are faced with tough decisions, you can respond with complete information and awareness, and not just do something a certain way because that is what you or other people in your life have done before.

THERE ARE NO "RIGHT" OR "WRONG" ANSWERS

You derive meaning in your life from different sources and activities. Clarifying your values allows you to consciously acknowledge those sources and activities. The process allows you to determine what you expect from yourself, as compared to what others expect from you – a critical step toward autonomy.

There are no right or wrong answers. The self-assessment exercises that follow are simply "lanterns" - helping to light the path during your journey of personal growth and development.

VALUES APPRAISAL SCALE

This scale provides a brief, simple means of appraising your values. You will read 100 statements indicative of 10 defined values (on the following page).

- If a statement is DEFINITELY TRUE, write a 10 in the blank.
- If a statement is MOSTLY TRUE, write 7 in the blank.
- If a statement is true or false some of the time, making you UNDECIDED, write 5 in the blank.
- If a statement is MOSTLY FALSE, write 3 in the blank.
- If a statement is DEFINITELY FALSE, write 0 in the blank.
1. I have a regular physical check up by my doctor every year.
2. I regularly take my children to church activities.
3. I enjoy attending musical concerts.
4. It is important to me to have lots of friends.
5. I donate to charities that I feel are worthwhile.
6. I envy the way the movie stars are recognized wherever they go.
7. I would like to have enough money to retire by the time I am 50.
8. I would rather spend an evening at home with my family than out with friends.
9. I enjoy making decisions which involve other people.
10. If I had the talent, I would like to write songs.
11. I have a close relationship with either my mother or my father.
12. I have taught a church class or otherwise taken an active part in my church.
13. I am willing to spend time helping another student who is having difficulty with his/her studies.
14. Even at the same salary, I would rather be boss than just another worker.
15. I have a special appreciation for beautiful things.
16. If I had the talent, I would like to appear regularly on TV.
17. I would like to counsel people and help them with their problems.
18. I would enjoy association with movie stars and other celebrities.
19. I have a regular dental check up at least once a year.
20. I enjoy writing short stories.
21. I would rather spend a summer working to earn money than to go on an expense-paid vacation.
22. I like to attend parties.
23. I think it would be fun to write a play for TV.
24. I believe in a God who answers prayers.
25. I prefer being an officer rather than just a club member.
26. I would spend my last $100 for needed dental work rather than a week's vacation at my favorite resort.
27. I enjoy giving presents to members of my family.
28. If I were a teacher, I would rather teach poetry than math.
29. I often daydream about things I would like to have if I had the money.
30. I enjoy giving parties.
31. I am willing to write letters for old or sick people.
32. It would be satisfying to act in movies or TV.
33. When I am ill, I usually see or call a doctor.
34. I believe that tithing is one's duty to God.
35. I enjoy taking part in the discussion at the family dinner.
36. I enjoy visiting art museums.
37. I like to write poetry.
38. I like to be around other people most of the time.
39. When with a friend, I like to be the one who decides what we will do or where we will go.
40. Someday I would like to live in a large expensive house.
41. I pray to God about my problems.
42. If I knew a family which had no food for Christmas dinner, I would try to provide it.
43. I like to spend holidays with my family.
44. I like to see my name in print (newspapers).
45. I would rather take a class in freehand drawing than a class in mathematics.
46. I do not like to spend an entire evening alone.
47. If the salary were the same, I would rather be a school principal than a classroom teacher.
48. I have expensive tastes.
49. I can tell the difference between a really fine painting and an ordinary one.
50. If I had regular headaches, I would consult a doctor even if aspirin seemed to lessen the pain.
51. I have several very close friends.
52. I expect to provide music lessons for my children.
53. It is important that grace be said before meals.
54. I sometimes miss sleep to visit with late company.
55. I usually get at least 8 hours of sleep each night.
56. I like to design things.
57. I would like to be looked up to for my accomplishments.
58. I would feel a sense of satisfaction from nursing a sick person back to health.
59. I care what my parents think about the things I do.
60. I daydream about making a lot of money.
61. I like to be the chairman at meetings.
62. It is thrilling to come up with an original idea and put it to use.
63. I believe there is a life after death.
64. I would welcome a person of another race as a neighbor.
65. If I were in the TV field, I would rather be an actor than a script writer.
66. I enjoy decorating my room at home.
67. I enjoy a picnic with my family.
68. As an adult, I want to earn a much higher salary than the average worker.
69. I am careful to eat a balanced diet each day.
70. I often influence others concerning things they should do.
71. I would like to be written up in Who's Who.
72. I read the Bible or other religious writings regularly.
73. If I were in the clothing industry, I would enjoy creating new styles.
74. I look forward to an evening out with a group of friends.
75. When I am with a group of people, I like to be the one "in charge."
76. I dislike being financially dependent on others.
77. When a friend is in trouble, I feel I must comfort him/her.
78. I love my parents.
79. I never skip meals.
80. I have a collection of phonograph records.
81. I have a particular friend with whom I discuss my personal problems.
82. I believe that God created man in his own image.
83. I enjoy buying clothes for members of my family.
84. I enjoy having people recognize me wherever I may be.
85. I like planning activities for others.
86. I do not smoke.
87. I feel good when I do things that help others.
88. Someday I would like to write a novel.
89. I would put up with undesirable living conditions in order to work at a job that paid extremely well.
90. I belong to several clubs and organizations.
91. If I ask God for forgiveness, my sins are forgiven.
92. I would enjoy having my picture in the yearbook more than it has been in the past.
93. I often organize group activities.
94. When I see a newly constructed building, I consider its beauty as much as its practical use.
95. I respect my mother and father.
96. I like to design things and make things that have not been made before.
97. Some of the hobbies I would like to engage in are quite expensive.
98. I enjoy classical music.
99. I would never use potentially harmful drugs because of what it might do to my body.
100. I am kind to animals.

SCORING YOUR VALUES APPRAISAL SCALE

For each of the 10 values, record the answer marked with a number, putting the number of points next to the number of the question. Then, total each column and rate all 10 values in order of their importance to you.

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<th>FAME</th>
<th>MONEY</th>
<th>POWER</th>
<th>RELIGION</th>
<th>HUMANISM</th>
<th>FAMILY</th>
<th>HEALTH</th>
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Total___ Total___ Total___ Total___ Total___ Total___ Total___ Total___ Total___ Total___
VALUE WORKSHEET

Instructions: Mark each of the values listed below in the following way:

- Put a check mark (✓) next to those values you personally endorse.
  These are values you would be willing to dedicate significant time and energy to achieve.
- Put an (X) beside those values that you personally reject.
  These are values you would not be willing to expend much time or effort to achieve.
- Put an (O) beside those values that are neutral to you.
  You neither endorse nor reject them.

Many of the below values may sound good to you. Force yourself to make some choices. Be honest about your willingness to dedicate a significant amount of time or effort to each. Do not show your responses to anyone.

I VALUE ...

| __ career success | __ being prepared for emergencies | __ serving the less fortunate |
| __ honesty in all my dealings | __ athletic excellence | __ health and vigor |
| __ religious activity | __ pride in my community, state, region | __ keeping careful records |
| __ social correctness | __ musical excellence | __ understanding other cultures |
| __ open mindedness | __ awareness of my heritage | __ being a leader |
| __ high individualism | __ projecting the right image | __ mentoring others |
| __ winning | __ honoring my parents | __ intellectual growth |
| __ my family's success | __ ability to build things | __ trust in God |
| __ giving my children a competitive advantage | __ habits of thrift | __ financial security |
| __ being law abiding | __ financial wealth | __ personal attractiveness |
| __ being loyal to country | __ self-sufficiency | __ tolerance of others |
| __ orderly home life | __ involvement in government | __ being witty, clever, articulate |
| __ keeping all commitments | __ marital harmony | __ artistic sensitivity |
| __ knowing the right people | __ fame within my profession | __ being a good team player |
| __ having balance in my life | __ being productive | __ dressing for success |
| __ having a wide range of friends | __ being creative | __ skill to influence |
| __ having many skills | | __ skill to repair things or solve problems |

| __ artistic sensitivity |
| __ being a good team player |

Rank the four values you endorse most strongly and the four values you reject most strongly.

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<th>MY TOP FOUR ENDORSED VALUES</th>
<th>MY TOP FOUR REJECTED VALUES</th>
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