



career guide

career worksheet: values

ASU Career Services offers a comprehensive on-line Career Guide designed to help you evaluate career options, learn about internships and launch your career. The Career Guide includes detailed information about cover letters and resumes, interviewing, business etiquette, portfolios, graduate school admission processes, effective job and internship search strategies and more. Visit The Career Guide at asu.edu/careerguide.

It's Personal: This is your personal Career Worksheet. You can use this worksheet to track what you identify as most important to you in each of the assessment categories. Your answers will help to narrow your choices as you explore potential majors and careers. You may have blanks or the entire form may be filled. Use this tool to consolidate some of what is important to you and assist in your major and career exploration.

Self-Assessment Section	Results and Responses	Why is this important? How does it relate to what I want in a major or career?	How important is this to me, on a scale of 1 to 100?
Values			
Think about a time when everything was going well and you were happy. What was it about that time that made it good for you?			
What were your top values on the VIA Survey of Character Strengths or on the Values Checklist?			
Which of the following work values are most important to you (circle 2 or 3)?	<ul style="list-style-type: none">▪ achievement/accomplishment▪ independence▪ recognition▪ service to others▪ support from management▪ job security and good working conditions		
What other values are important to you?			