

EXPLORE YOUR VALUES

YOUR FOUNDATION

Self Assessment

Take a moment to reflect on who you are. Identifying your interests, strengths, and preferences will help guide your academic and career choices with intention.

MAJORS OF INTEREST

PERSONAL INTERESTS

SKILLS

HOBBIES

Focus 2 Assessment Results

Use this space to record your Focus 2 results. These insights provide a personalized snapshot of your interests, personality, and skills to support your exploration journey.

WORK INTEREST ASSESSMENT

PERSONALITY ASSESSMENT

SKILLS ASSESSMENT

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YOUR VALUES

Values Exercise

Understanding what you value can help you make better career decisions. This exercise will guide you in identifying the qualities that matter most to you in a job, such as independence, pace, security, or creativity.

By recognizing your top values, you can choose a career path that aligns with who you are and what you want out of your work life. Take your time with this activity and be honest with yourself as you reflect.

**1. Not important to me
at all**

**2. Not very important
to me**

**3. Reasonably
important to me**

**4. Very important to
me**

WORK VALUES

Change and Variety: Have work responsibilities which frequently change in their content and setting.

①

②

③

④

Help Others: Be involved in helping other people in a direct way, either individually or in small groups.

①

②

③

④

Public Contact: Have a lot of day-to-day contact with people.

①

②

③

④

Work with Others: Have close working relationships with a group; work as a team toward common goals.

①

②

③

④

Supervision: Have a career in which I am directly responsible for the work done by others.

①

②

③

④

Security: Be assured of keeping my job and a reasonable financial reward.

①

②

③

④

Make Decisions: Have the power to decide courses of action, policies, strategy, overall direction, procedures, etc.

①

②

③

④

Work Under Pressure: Work in situations where time pressure is prevalent and/or supervisors judge critically the quality of my work.

①

②

③

④

Fast Pace: Work in circumstances where there is a high pace of activity, work must be done rapidly.

①

②

③

④

Excitement: Experience a high degree of (or frequent) excitement in the course of my work.

①

②

③

④

Independence: Be able to determine the nature of my work without significant direction from others; have autonomy over my actions.

①

②

③

④

EXPLORE YOUR VALUES

WORK VALUES, CONTINUED

Moral Fulfillment: Feel that my work is contributing significantly to a set of moral standards which I value as very important.

① ② ③ ④

Creativity: Create new ideas, programs, organizational structures, not following a format other's previously developed.

① ② ③ ④

Location: Find a place to live (town, geographical area) which is conducive to my lifestyle and affords the opportunity to do the things I enjoy most.

① ② ③ ④

Work Alone: Do projects by myself, without any significant amount of contact with others.

① ② ③ ④

Knowledge: Engage myself in the pursuit of knowledge, truth and understanding.

① ② ③ ④

Values Exercise Results

Choose your top five work values and rank them in order of importance. A smaller, focused list helps you stay clear on what matters most when exploring majors and careers. This makes it easier to find a path that fits your goals and leads to lasting job satisfaction.

1. _____
2. _____
3. _____
4. _____
5. _____

Values from Focus 2

Refer back to your results from the Focus 2 assessment. In the space below, write your top three values from the assessment. Make note of any similarities between these values and the ones above.

1. _____
2. _____
3. _____

EXPLORE YOUR VALUES

REFLECTION

Self-Reflection Exercise

Self reflection allows you to **identify and organize ideas** that can guide your major exploration process. Since exploration is unique to each individual, a helpful first step is to recognize the **experiences, values, people, places, hobbies, and skills** important to you. Look for ways these areas might relate to one another.

As you reflect, consider the following questions to deepen your understanding:

What majors of interest align with the subjects or topics you enjoy learning about most?

How do your personal interests influence your academic or career goals?

What skills and hobbies do you enjoy that could translate into a potential career path?

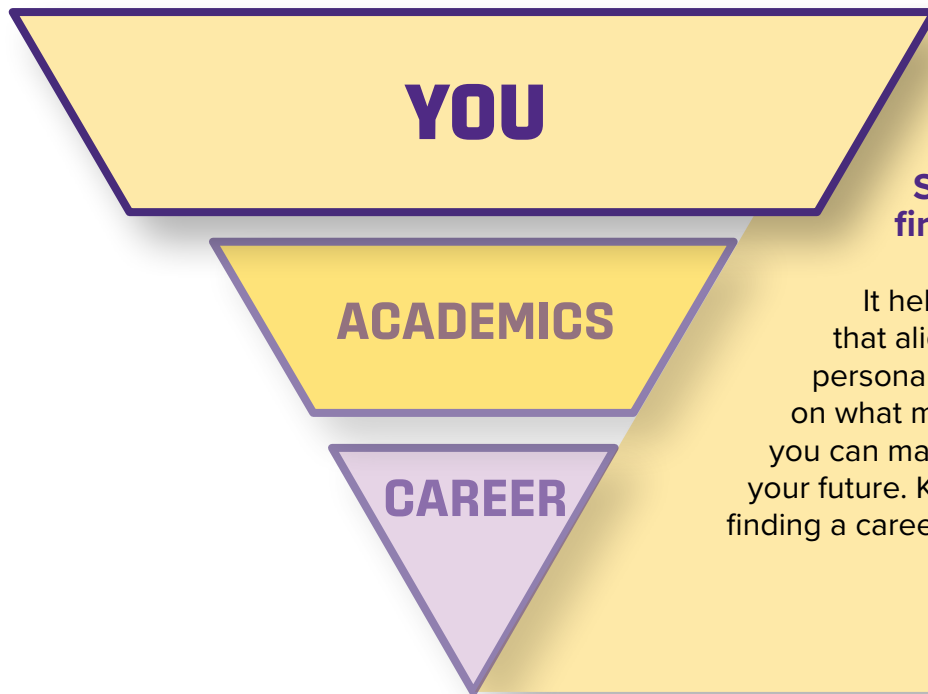
Which values are most important to you when thinking about your future work or lifestyle?

How does your personality shape the way you like to work, learn, or interact with others?

How do your personal interests, values, skills, and personality connect with the career paths typically associated with the majors you're considering? Are there any surprising connections or gaps you noticed during these activities?

EXPLORE YOUR VALUES

EXPLORATION SUMMARY



Self-awareness is an important first step in career planning.

It helps you explore careers and majors that align with your interests, values, personality, and skills. By taking time to reflect on what matters to you and what you enjoy, you can make more informed choices about your future. Knowing yourself is the foundation for finding a career path that feels fulfilling.

GEAUX!

BRING IT ALL TOGETHER

Now that you've reflected on your values, interests, and skills – which majors stand out to you? List your top three potential majors below. What questions do you still have or what do you need to learn about these options?

MAJOR 1:

MAJOR 2:

MAJOR 3:
