

VALUES WORKSHEET

Rate the degree of importance that you would assign to each of the following values for yourself, using the scale below.

1. Very important to me	2. Reasonably important to me	3. Not very important to me	4. Not important at all to me	
Help Society: Do something to contribute to the betterment of the world in which I live.	1	2	3	4
Help Others: Be involved in helping other people in a direct way, either individually or in small groups.				
Public Contact: Have a lot of day-to-day contact with people.				
Work with Others: Have close working relationships with a group; work as a team toward common goals.				
Affiliation: Be recognized as a member of a particular organization.				
Friendships: Develop close personal relationships with people as a result of my work activities.				
Make Decisions: Have the power to decide courses of action, policies, etc.				
Work Under Pressure: Work in situations where time pressure is prevalent and/or supervisors judge critically the quality of my work.				
Power and Authority: Control the work activities or (partially) the destinies of other people.				
Influence People: Be in a position to change attitudes or opinions of other people.				
Work Alone: Do projects by myself, without any significant amount of contact with others.				
Knowledge: Engage myself in the pursuit of knowledge, truth and understanding.				
Intellectual Status: Be regarded as a person of high intellectual powers or as one who is an acknowledged "expert" in a given field.				
Artistic Creativity: Engage in creative work in any of several art forms.				
Creativity (general): Create new ideas, programs, organizational structures, etc., not following a format other's previously developed				
Aesthetics: Be involved in studying or appreciating the beauty of things, ideas, etc.				

SKILLS IDENTIFICATION

The following exercise is designed to help you identify skills you have acquired which may help you in your career selection. The skills are grouped into Holland's six general areas, which we discussed previously in reference to the Strong Interest Inventory, i.e. Realistic, Investigative, Artistic, Social, Enterprising, and Conventional.

Using the list below, select the seven skills which you feel best describe you and which you can justify as skills you possess by listing three experiences for each skill. On this sheet, circle the seven skills, and on the next sheet write in the skill, noting the category (R,I,A,S,E,C). Briefly note the three (or more) experiences in which you demonstrate the skill.

SKILL:

CATEGORY:

EXPERIENCE:

1.

2.

3.

SKILL:	CATEGORY:	EXPERIENCE: