

Exploring Our Values

A lesson on discovering values and how they may relate to a future career

Grades: 6 - 12		Subject: Multiple	Topic: Career
Lesson Summary: Students will discuss how personal values influence satisfaction in a future career. Next, students will participate in an activity that allows them to explore their own values and priorities. Last, students will use CareerVillage as a way to explore different career paths that may align with personal values ***Students will need to already be signed up to CareerVillage in order to complete this activity***			
Materials Needed: <ol style="list-style-type: none">1. Student worksheet attached to this lesson2. Student wifi and device to access CareerVillage.org3. Projector and link to this video		Learning Objective: Students will increase awareness of their own personal values and research how they may align with certain career paths.	

Lesson Structure

Hook 10 mins	<p><i>Say: I am going to play a short clip from the TV show Friends. It is an episode where one of the main characters, Chandler Bing, quits his job. As you watch I want you to think about why Chandler quits his job and what we can learn from his experience.</i></p> <p>Play: http://bit.ly/3wBbq32</p> <p>Discuss:</p> <ul style="list-style-type: none">• Why did Chandler quit his job?• What is Chandler looking for in a new job?• What can we learn from this as we approach our own career planning? <p><i>Say: There is nothing bad about the job Chandler has. The problem is that this occupation was not aligned with any of his interests or personal values. He worked in data processing but did not care about data or find happiness in that work. This made him disinterested and unmotivated at work.</i></p> <p><i>Today we will be participating in an activity that will help you learn more about the things you value most, and start to think about how you can explore career pathways that align with your values.</i></p>
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<p>Class Activity 40 minutes</p>	<p>Say: Before picking a career pathway, it is really important to consider the things that motivate you and bring you happiness in your life. Some would call these things your “values”. In today’s activity, you go through a list of common values and give them a rating based on how important they are to you.</p> <p>Then, you will have the chance to use CareerVillage.org as a way of researching career content related to the values you rank most important to you.</p> <p>Do: Hand out the worksheet. Have students begin. (note: this can be done individually or in small groups)</p>
<p>Closing 10 minutes</p>	<p><u>Group Reflection Questions:</u></p> <ol style="list-style-type: none"> 1. Was it difficult to narrow down your list of values to your top 3? Why or why not? 2. Do you think it is important to have a job one day that aligns with the values you picked? Why or why not? 3. What did you find in your CareerVillage research? Was there anything that surprised you? 4. What kind of answers do you expect to get on CareerVillage? <p>Say: Today we discussed personal values and how they can be related to a future career. These values are just one of many aspects to consider when exploring a career pathway; however, hopefully this got you thinking about what could motivate you and make you happy in a job one day. Be on the lookout for what answers you get from professionals on CareerVillage and be ready to share the next time we meet!</p>

Name: _____

Date: _____

Part 1 Directions: Give each value one a rating on a scale from 1-3.

1 = this is not very important to me

2 = this is important to me

3 = this is very important to me.

General Values:	Rating
helping others social impact	
spirituality/religion	
family/friends	
art/culture	
knowledge/education	
teamwork	
travel	
health	

General Values:	Rating
fame	
equality/justice	
leadership	
creativity	
beauty	
wealth/money	
fun	
sustainability/nature/ environment	

2. The lists above are meant to be a starting point to help you brainstorm. They do **NOT** include all things someone could value. Below is a space for you to list any values you would like to consider that are not listed above.



Part 2 Directions: Look at all the values you gave top ratings to, and pick 3 that you think are most important to you when considering a career path. List them below:

1. _____

2. _____

3. _____

Part 3 CareerVillage.org Activity:

1. Explore career options that align with your values by researching them on [CareerVillage.org](https://www.careervillage.org).

For example, if you ranked “creativity” in your top three values, type “creativity” into the search bar on CareerVillage and read through the advice that comes up for other students searching that tag.

If you find other tags on questions that interest you, click them and see what you find!

Research Notes:

[illegible]

Exit Ticket: Post a question on CareerVillage.org using these sentence frames:

