



BIOLOGICAL SCIENCES GRADUATE PROGRAM

Professional Development Workshop Series 2016

How to Start a Job Search - or What Do I Do with this PhD?

Exercise 4: Identifying your values

For the list of values on the next page, rank each value from 1-5, with 5 being the most important value to you and 1 being not important at all. Once you've finished ranking all of the values, choose the top 9 values with scores of 4-5, list those below. Prioritize those 9 values from most important to least important.

Now, narrow the list to six values; prioritize those.

Lastly, narrow the list to your top three values.

Your ideal job should, at minimum, meet your three top values. The more of these important values that you can match to the job you want, the happier you will be working at the job.

Top 9	Top 6	Top 3
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	
5.	5.	
6.	6.	
7.		
8.		
9.		

Ranking	Value	Description
_____	Advancement	Be able to get ahead rapidly, gaining opportunities for growth and seniority from work well done.
_____	Adventure/ Risk-Taking	Have duties that involve frequent physical, financial, or social risk-taking.
_____	Aesthetics	Be involved in studying or appreciating the beauty of things or ideas.
_____	Affiliation	Be recognized as an employee of a particular organization or institution.
_____	Altruism/ Help Society	Do something directly or indirectly to contribute to the betterment of the world or a greater good.
_____	Balance	Have a job that allows time for family, leisure, and work.
_____	Challenge	Engage with complex questions, demanding tasks; solve difficult problems.
_____	Community Activities	Become active in volunteering, politics, or service projects.
_____	Competition	Engage in activities that measure my abilities against others.
_____	Creativity	Be able to express my creative ideas in the arts and communication.
_____	Competence	Demonstrate a high degree of expertise and mastery of job skills and knowledge.
_____	Excitement	Experience a high degree of stimulation or frequent novelty and drama on the job.
_____	Fast Pace/ Time Pressure	Work in circumstances where work is done rapidly and there is little room for error.
_____	Financial Reward	Earn a larger than average amount of income.
_____	Flexibility	Work according to my time schedule.
_____	Friendships	Develop personal relationships with people as a result of work activity.
_____	Fun	Have opportunities to be playful and humorous at work.
_____	Harmony/ Tranquility	Avoid pressures and stress in job role and work setting and seek harmonious relationships.
_____	Help Others	Be involved in helping or being service to people directly, either individually or in groups.
_____	Independence	Be able to determine the nature of work without significant direction from others; not have to follow instructions or conform to regulations.
_____	Influence People	Be in a position to influence attitudes or opinions of other people.
_____	Knowledge/ Research	Develop new information and ideas. Engage in pursuit of knowledge, truth, and understanding.
_____	Leadership	Direct, manage, or supervise the work done by others.
_____	Location	Live somewhere conducive to my lifestyle, leisure, learning, & work life.
_____	Make Decisions	Have the power to decide courses of actions or policies, or make decisions regarding the work activities of others.
_____	Moral/Spiritual	Feel that my work is consistent with my ideals or moral code.
_____	Personal Growth	Have work that enables me to grow as a person.
_____	Physical Challenge	Have a job that requires bodily strength, speed, dexterity, or agility.
_____	Public Contact	Have a lot of day-to-day contact with people.
_____	Recognition	Get positive feedback and public credit for work well done.
_____	Routine	Have a work routine and job duties that are largely predictable and not likely to change over a long period of time.
_____	Security	Have a stable work environment and a reasonable financial reward.
_____	Status / Prestige	Gain the respect of friends, family, and the community by the nature and level of responsibility of my work.
_____	Teamwork	Have close working relations with a group; work as a team for common goals.
_____	Variety	Have a wide range of work responsibilities frequently changing in content, setting, people, and activities.
_____	Work Alone	Do projects by myself, with little contact with others.