



BOSTON COLLEGE

Career Center

DIVISION OF STUDENT AFFAIRS

DETERMINING YOUR VALUES

Values are indicators as to what is most important in your life and they guide our choices. There is no “best” set of values, and identifying what makes you feel happy and satisfied can help as you make many decisions, including major and career choice.

MARK THE TEN VALUES THAT ARE MOST IMPORTANT TO YOU:

- Accomplishment
- Adventure
- Autonomy
- Beauty
- Belonging to a
- Group/Team
- Caring for Others
- Challenge
- Collaboration
- Communication
- Community Service
- Cooperation
- Competence
- Competition
- Consistency
- Creating Change
- Creativity
- Education
- Entrepreneurship
- Environment
- Excitement
- Fairness
- Fame
- Free time
- High Earnings
- Humor
- Independence
- Influence
- Intellectually
- Stimulating
- Leadership
- Loyalty
- Physical Activity
- Power
- Prestige
- Problem-Solving
- Recognition
- Relationships
- Respect
- Responsibility
- Risk-taking
- Security
- Spirituality
- Status
- Structure
- Variety

CHOOSE THE FIVE OUT OF THE TEN THAT ARE THE ABSOLUTE MOST IMPORTANT:

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

Congratulations! You have identified your top values. This information can be shared with a career coach, advisors, mentors, parents and faculty as you consider majors and career paths.