

Review Concept of Values as they related to career planning.  
See below.

## VALUE ASSESSMENT

Identifying your personal values is an important part of a successful career plan. In this context, the word "value" refers to how you feel about the work itself and the contribution it makes to society. Most people who pursue work that is compliments their values feel satisfied and successful in their careers. As you mature and have more life experiences, your values may become more important in certain areas.

Work values can be divided into two functional categories. **Extrinsic** values relate to the favorable conditions that accompany an occupational choice, such as physical setting, earning potential, and other external features. **Intrinsic** values are those that relate to a specific interest in the activities of the work itself, or to the benefits that the work contributes to society. Most people, in order to feel truly satisfied with their work, must find some personal intrinsic value in it.

Name: \_\_\_\_\_

# My Values for Career Planning

A value is something that is important to you. Everyone has values that are important to them and other people's values may be different than yours. List 3 values that are important to you and explain why.

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