



## Identifying Job Values and Careers

This activity will help you identify how the job qualities you value most can help you find a career.

1. Think of the items below in terms of their importance to you. If the item is very important, rate it VERY (or 1). If the item is moderately important, rate it MODERATELY (or 2). If the item is only somewhat important, rate it SOMEWHAT (or 3).
2. Review the items that you rated VERY (1). Are there some other job qualities that are not included on the list that are very important to you? Add those to this list.
3. Using GCIS, identify 5 occupations that interest you.
4. Do these 5 occupations meet the job qualities you valued as VERY (or 1)? If yes, are there other occupations to consider? If not, are you willing to rethink your values?

- High salary
- Good benefits (insurance, retirement, education)
- Job security and stability
- Flexible work hours
- Convenient location
- Compatible coworkers and supervisors
- Opportunity to learn and develop skills
- Challenging and satisfying work
- Good working conditions and environment
- Support organization's purpose
- Chance for promotion or advancement
- Personal prestige and respect
- Creative or innovative activities
- Opportunity for travel