

## 4. Values

### Australian blueprint for career development

Career Management Competency											
1	2	3	4	5	6	7	8	9	10	11	12

### Learning intention

Students will be able to describe their personal values.

### Success criteria

Students can:

- state 5 personal values
- explain the influence of values on their recent decisions or achievements.

### Resources

- Values bank (Appendix 1)
- Blank paper

### Classroom organisation

- Whole class
- Individual

### Preparation

Students should clearly understand what a personal value is before they can identify their own. This lesson could follow Lesson 2, Personal characteristics, as students will use similar language. Quite often, personal characteristics are closely linked to personal values. Values are not obvious like personality, but they are reflected in our actions and behaviour.

## Activity 1

- Students fold a sheet of paper into 3 sections and label them with the headings below. Students use the prompts to come up with 2-3 examples for each.
  - Times when I was happiest  
Prompts: What were you doing? Who were you with? What other factors contributed to your happiness?
  - Times when I was very proud of myself  
Prompts: What happened? Did other people share your pride? What factors contributed to this feeling? Was it something somebody said? Why did you feel proud? What other factors contributed?
  - Times when I felt fulfilled and satisfied with what I was doing  
Prompts: What needs, or desires, did you meet in this situation? How or why did you get some meaning out of this event? What other factors contributed?
- Discuss the meaning of personal values. Explain they are those things that are very important to an individual. Not everyone will have the same values. Our values are always with us even though we may not always be aware of them. They influence us every day through our behaviours and actions.

## Activity 2

- Provide students with the Values bank (Appendix 1), to support them with the following activity.
- Briefly discuss each value. There are many values, and these are just a small list to get started - you may wish to explore and add to this.
- Students work through the values listed and note the top 5 values they identify with.
- Students work through the values listed again and identify their next 5.
- Ensure students have the time to consider each value carefully. Emphasise that this activity will help them discover what's truly important to them.

## Activity 3

- Students use the Values bank to reflect on the experiences in Activity 1.
- On the original sheet, students make a list of the values they feel influenced each of the experiences they identified.

## Reflection

Students write their response to one of the following statements on the back of their values bank.

- Your values are a central part of your life.
- Some of the decisions you make will depend a lot on what you value the most.
- Values can be used as a strong guiding force throughout your life.

## Appendix 1: Values bank

<b>Kindness</b> Being friendly, generous and considerate	<b>Curiosity</b> Desire to learn something even if it is not tasked to you
<b>Confidence</b> A feeling of trust or belief in yourself or someone else	<b>Gratitude</b> Being appreciative of something received
<b>Acceptance</b> The act of accepting something or someone	<b>Compromising</b> Agreeing to something that is not quite right for you or the other person involved
<b>Responsibility</b> Being dependable and able to take charge and take care of something	<b>Truth</b> Stating a fact or reality
<b>Honesty</b> Always telling the truth	<b>Generosity</b> Being willing to give to others
<b>Commitment</b> An agreement or a promise to do something in the future	<b>Humility</b> Being able to be modest or humble
<b>Loyalty</b> Being faithful to another person	<b>Love for family</b> Family is central to your happiness
<b>Courage</b> Being able to carry on despite danger or difficulty	<b>Hard work</b> Being willing to always try your hardest to get a job done
<b>Friendship</b> Valuing those who you like and trust	<b>Respect</b> A high or special regard for someone else
<b>Knowledge</b> Understanding or skill gained by experience	<b>Fairness</b> Being willing to follow the rules
<b>Leadership</b> Being in charge or in control	<b>Determination</b> Being willing to keep trying and not give up
<b>Optimism</b> Expecting everything to turn out for the best	<b>Patience</b> Being able to put up with pain and hardships without complaint
<b>Perseverance</b> To keep going with something despite difficulties, opposition or discouragement	<b>Politeness</b> Showing consideration and courtesy
<b>Empathy</b> Being aware of and sharing another person's feelings, experiences and emotions	<b>Creativity</b> Being able to create or make new and original things