

STONY BROOK UNIVERSITY CAREER CENTER

Values Self-Assessment

Directions: When considering your work and career, please RATE the importance of the following ten items by placing an X in the appropriate column.

THEN, of the ten items, SELECT and RANK the TOP THREE values that you could not live without in your career.

	Very Important	Somewhat Important	Not Important
1. Having job security			
2. Having a career that is personally fulfilling			
3. Having a high income			
4. Having a career that is meaningful for society			
5. Having a career that is prestigious			
6. Having independence in the workplace			
7. Having a career that is intellectually stimulating			
8. Having the opportunity to be a leader			
9. Having work-life balance			
10. Having a job in a specific or convenient location			

My Top Three Values

1. _____
2. _____
3. _____