

EducationPlannerBC: Parents as Education and Career Coaches

Activity 6: Values & Interests Instructions

Values are a person's principles or standards of behavior; one's judgment of what is important in life.

- Values may be learned from families, cultures, communities, faith groups, peers or personal experiences.
- Some of our values may change over time yet some remain integral to who we are over the course of our lifetime.
- When we explore our values and align our choices with them then we feel more connected to ourselves and confident about the path we are creating.

On the Core Values sheet: can you circle up to ten of your most important values? If you had to pick your top five which would they be? What is your most important value, if you could only choose one?

- Parents: reflect on your values as a teenager and compare them to what your values are now? What can you share with your student about your selections?
- Students: reflect on what your values say about who you are right now, and who you hope to be in the future. Can you imagine which values might get stronger for you over time? Can you share with your parent which values are important to you at this point?

On the Values and Interests sheet

We have explored our values, now let's explore our interests.

Interests are things we like to do.

We pursue our interests for fun and connection, for self-growth, and income. Our interests can turn into careers or we can keep them purely for enjoyment, leisure or recreation. Either way, our favourite activities can bring us joy and keep us healthy!

Instructions:

- Parents and students can complete this sheet together. Parents do the first side and students complete the other side. Parents must reflect on their favorite activities as high school students as well as their current activities.
- Think about an activity you love to do. Write down all the values and interests you have related to this activity. What do you love about this activity? Why is it important for you?
- Reflection: can students pursue an education or career while also creating time for their favourite activities? Or, are these activities possible education or career choices?

CORE VALUES

- Accomplishment
- Achievement
- Accountability
- Accuracy
- Adventure
- Attitude – positive
- Beauty
- Calm
- Challenge
- Change
- Collaboration
- Commitment
- Communication
- Community
- Comfort
- Compassion
- Competence
- Competition
- Connection
- Cooperation
- Coordination
- Creativity
- Decisiveness
- Delight of being, joy
- Democracy
- Discipline
- Discovery
- Diversity
- Effectiveness
- Efficiency
- Empowerment
- Excellence
- Fairness
- Faith
- Faithfulness
- Family
- Flair
- Flexibility
- Focus
- Freedom
- Friendship
- Fun
- Global view
- Good health
- Gratitude
- Growth
- Happiness
- Hard work
- Harmony
- Honesty
- Improvement
- Independence
- Individuality
- Inner peace
- Innovation
- Integrity
- Intuitiveness
- Justice
- Knowledge
- Leadership
- Learning
- Love
- Loyalty
- Management
- Maximum utilization (of time, resources)
- Meaning
- Modelling
- Money
- Openness
- Orderliness
- Passion
- Peace – inner
- Perfection
- Personal choice
- Pleasure
- Power
- Practicality
- Preservation
- Privacy
- Progress
- Prosperity
- Punctuality
- Purpose
- Recognition
- Regularity
- Relationships
- Reliability
- Resourcefulness
- Respect for others
- Responsibility
- Results-oriented
- Safety
- Satisfaction
- Security
- Self-giving
- Self-reliance
- Self-thinking Service (to others, society)
- Simplicity
- Skill
- Solving Problems
- Speed
- Spontaneity
- Standardisation
- Status
- Structure
- Succeed; A will to
- Success; Achievement
- Teamwork
- Techniques
- Timeliness
- Tolerance
- Tradition
- Transformation
- Tranquility
- Trust
- Truth
- Unity
- Variety
- Wealth
- Wisdom

VALUES AND INTERESTS

Values indicate things that are important to us – for example: honesty, friends, community, faith. **Interests** are things we like to do – for example: socializing with friends, staying fit, working with our hands, being outdoors. We can discover our **values** and **interest** by looking at what we love to do today or in the past – whether at work, at leisure, at school or at volunteer positions. Let’s look at an example:

Activity	Values and Interests
Something one likes to do today: E.g. playing in a garage band	Likes being with other people, values his friendships, likes and values creativity, likes a goal and an accomplishment, likes a commitment, likes using his hands, likes the limelight, values music
Something one liked to do in high school: E.g. Playing on the basketball team	Liked being with other people, liked a goal and valued an accomplishment, liked to use his hands, valued fitness, liked a commitment and working hard liked and valued teamwork, liked competition and winning
Something you love to do today:	
Something you loved to do in high school:	



Do the same activity with your child: pick activities from different parts of their lives: sports, games, school subjects, volunteer work, etc., and from different times in their lives.

Activity	Values and Interests