

## Career Services and Counseling and Career Development

### WORK VALUES EXERCISE

WORK TASKS	Very Important	Quite Important	Somewhat Important	Not Important
Produce a product I can see at the end of the day				
Work on a project that takes a long time to complete				
Complete tasks by the end of the day				
Perform different tasks every day				
Perform similar tasks routinely				
Engage in adventuresome/risky tasks				
Work with hands or hand tools				
Work with numbers				
Help people who have needs				
Influence the opinions or decisions of others				
Engage in physical tasks				
Engage in intellectually stimulating tasks				
Engage in creative tasks				
Engage in research				

WORK SETTING	Very Important	Quite Important	Somewhat Important	Not Important
Indoors, in my own office				
Indoors, in a large office with many colleagues				
Indoors, other than an office				
Outdoors				
Combination of indoors and outdoors				
Work in a rural setting				
Home-based work setting				

WORK HOURS	Very Important	Quite Important	Somewhat Important	Not Important
A regular shift of 7-8 hours per day with no overtime or work to take home				
An irregular length day, sometimes working overtime or taking work home				

PRESSURE	Very Important	Quite Important	Somewhat Important	Not Important
Little or no pressure				
Pressure due to time deadlines or work load				
Pressure due to responsibility for the physical or emotional well-being of others				

TRAVEL	Very Important	Quite Important	Somewhat Important	Not Important
Little or no travel required				
Significant local travel is required				
Significant long-distance travel is required				

INTERPERSONAL ASPECTS	Very Important	Quite Important	Somewhat Important	Not Important
Work independently with no supervision (own boss)				
Work independently with some supervision				
Work with one or more colleagues as a team				
Plan work for and supervise others				
Be supervised by a good supervisor/boss				
Meet new people regularly				
Do not have to meet new people often				

PAY, BENEFITS, REWARDS	Very Important	Quite Important	Somewhat Important	Not Important
Good benefits package				
Work for a salary				
Work on a commission basis				
Job security				
Starting salary upon graduation over \$30,000				
Opportunity to obtain large salary increases				
Receive immediate public attention for activity or physical appearance				
Social prestige/respect/recognition				

PROFESSIONAL DEVELOPMENT	Very Important	Quite Important	Somewhat Important	Not Important
Opportunity to advance within the same organization				
Opportunity to advance by changing organizations				
Opportunity to participate in professional organizations				

EDUCATION	Very Important	Quite Important	Somewhat Important	Not Important
Less than bachelors degree required				
No more than bachelors degree required				
Graduate study required				
Degree(s) can be obtained at Georgia Southern University (or any specific school)				

Provided by Career Services. P.O. Box 8063,  
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<http://www2.gasou.edu/sta/career>

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