

# UNSS 200 Values Grid

- 1) On the lines below, in a few words, write down 5 of your accomplishments; choose activities in which you were personally invested and proud of having done.

For example: I was a great camp counsellor this summer.

A.

I helped my family with house renovations.

B.

I helped an AI start up company, Aifred Health, build their launching product during their infancy.

C.

I was a good intern at my previous internship at Bell.

D.

I performed and danced in front of people to represent the Filipino culture.

E.

I helped build an asian queer community in the Montreal region with some friends.

- 2) In the columns A through E below, place an X for each of the values you feel were associated with each accomplishment. See example for "camp counsellor".

Value	Definition	Eg	A	B	C	D	E	Total X's
Accomplishment	Knowing you've done well	X	X	X	X	X	X	5
Advancement	Moving up			X	X		X	3
Aesthetics	Caring about beauty and harmony		X	X	X	X	X	5
Cooperation	Living in harmony with others	X	X	X	X	X	X	5
Creativity	Developing new ideas or things	X	X	X	X	X	X	5
Economic Return	Working at a job that pays well				X			1
Education	Appreciating learning		X	X	X	X	X	5
Family	Caring about parents, children, relatives	X					X	1
Freedom	Having free choice of thoughts and actions			X	X		X	3
Health	Feeling emotional/physical/spiritual well-being				X	X		2
Helping Others	Being of service to others	X	X	X	X	X	X	5
Independence	Planning your own schedule	X		X	X	X	X	4
Integrity	Displaying behavior consistent with beliefs			X	X	X	X	4
Loyalty	Showing devotion to someone something		X	X	X	X	X	5
Management	Planning and supervising work	X		X	X		X	3
Pleasure	Seeking enjoyment and gratification		X	X	X	X	X	5
Power	Having influence and the ability to act on it	X		X	X	X	X	4
Prestige	Becoming well-known and respected			X	X	X	X	4
Recognition	Gaining respect and admiration	X		X	X	X	X	4
Security	Being certain of something		X	X	X	X		4
Teamwork	Working together productively	X	X	X	X	X	X	5

- 3) Total the X's for each value. Write down the values with the most X's below (these are your top 5 values).

(1) Accomplishment

(2) Aesthetics

(3) Cooperation

(4) Creativity

(5) Education

Helping Others, Loyalty, Pleasure, Teamwork