

Name: Anna Grace Calhoun

Year: 4th

GTA: Jule Voss

Supporting Assignment 2: Please complete the following exercise. Please download on Gradescope by 2:00pm Thursday Sept. 8.

Step 1: Look at this list above and circle/highlight/bold any of the core values you think apply to you. You can circle as many as you want. Don't overthink it. But circle the values that matter the most to you-even if you think you are not yet living by them. ☺

Abundance	Dedication	Kindness	Professionalism
Acceptance	Dependability	Knowledge	Punctuality
Accountability	Diversity	Leadership	Relationships
Achievement	Empathy	Learning	Reliability
Adventure	Encouragement	Love	Resilience
Advocacy	Enthusiasm	Loyalty	Resourcefulness
Ambition	Ethics	Making a Difference	Responsibility
Appreciation	Excellence	Mindfulness	Responsiveness
Attractiveness	Expressiveness	Motivation	Security
Autonomy	Fairness	Optimism	Self-Control
Balance	Family	Open-Mindedness	Selflessness
Being the Best	Friendships	Originality	Simplicity
Benevolence	Flexibility	Passion	Stability
Boldness	Freedom	Performance	Success
Brilliance	Fun	Personal Development	Teamwork
Calmness	Generosity	Proactive	Thankfulness
Caring	Grace	Professionalism	Thoughtfulness
Challenge	Growth	Quality	Traditionalism
Charity	Flexibility	Recognition	Trustworthiness
Cheerfulness	Happiness	Risk Taking	Understanding
Cleverness	Health	Safety	Uniqueness
Community	Honesty	Security	Usefulness
Commitment	Humility	Service	Versatility
Compassion	Humor	Spirituality	Vision
Cooperation	Inclusiveness	Stability	Warmth
Collaboration	Independence	Peace	Wealth
Consistency	Individuality	Perfection	Well-Being
Contribution	Innovation	Playfulness	Wisdom
Creativity	Inspiration	Popularity	Zeal
Credibility	Intelligence	Power	
Curiosity	Intuition	Preparedness	
Daring	Joy	Proactivity	
Decisiveness			

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STEP 2: From the values you listed above group the ones that you think are similar into the chart below. For example, if you circled (achievement, success, being the best etc.) you could put those together. It doesn't matter if you don't have five groups or if you have more than five groups, or if one value fits in more than one group. Again, don't over think it.

Group 1	Group 2	Group 3	Group 4	Group 5
Accountability	Advocacy	Passion	Intelligence	Motivation
Contribution	Ambition	Creativity	Leadership	Making a difference
Dedication	Boldness	Generosity	Learning	Optimism
Fairness	Challenge	Inspiration	Wisdom	Vision
Honesty	Commitment	Originality	Thoughtfulness	Compassion
Independence	Innovation	Intuition	Resourcefulness	Selflessness
Proactive	Resilience	Freedom	Personal development	Mindfulness
Reliability	Open-mindedness			Love
Performance				Empathy

Step 3: Now look at each of your groups and chose 1 in that group that you think best defines all the other values in that group. Then write that value below.

Your 5 Core Values

1. Accountability
2. Boldness
3. Passion
4. Wisdom
5. Making a Difference

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Step 4: Write a few thoughts about when some of your 5 core values have been in conflict with one another. (3-4 sentences is sufficient)

In many circumstances, my value of boldness is at odds with wisdom. Developing wisdom requires time and quiet, whereas my instinct to be bold and push myself outside of my comfort zone requires drastic action and often establishing an opinion or identity which may not be fully formed. For example, when there is an issue I really care about, I commonly debate whether to be "bold" in speaking out about it and trying to be an advocate or staying private and doing the personal work to fully understand the topic's nuances and develop wisdom around it. I've been working on identifying ways to operate that recognize that these two values do not have to be mutually exclusive.

Step 5: After reading about the four humanitarian principles of humanity, neutrality, impartiality, and independence. Tell us which principle you feel is the most important to you and why (3-4 sentences is sufficient).

I think humanity is the most important to me because in many ways, it's the principle that drives the need for most of the others. If you believe in humanity, that humans universally have inherent dignity and needs that should be met, then neutrality, impartiality, and independence help you act in alignment with that belief. Neutrality allows you to tend needs based on the status of being human, nothing else, and often is what is needed to maintain access. Impartiality helps you pay attention to all humans no matter who and where they are, overcoming biases that make this hard to do. Independence means that you are not beholden to any interests that would try to override the ultimate emphasis placed on humanity.

Step 6: If you could add another core humanitarian principle to the list of 4; devise one. Why did you choose it? (3-4 sentences is sufficient)

Impact-cognisant. I think it should be a fundamental principle to consider, evaluate, and measure the impact of humanitarian action in both the short and long term. This will help continually make the field more successful and clarify better ways to approach the existing principles which may at times drive poor results (like prolonging conflict) when not applied in a nuanced way.