**that do I like and dislike about my Culture and traditions?**

**What other cultures interest me? Do I like learning about them? Why? Longline**

**what is my first language?**

**What other languages do I speak?**

**CULTURAL VALUES**

**Cultural values are the core principles and ideals upon which an entire values, e community exists. This is made up of several parts: customs, which are traditions and rituals; which are beliefs;**

**and culture, which is all of a group's guiding values.**

**A hungry Hindu man will let himself starve rather than slaughter and eat a cow, despite the fact that there are old cows roaming all over his village, blocking the streets for cars to pass. To the average adult American man, who eats over 50 pounds of beef each year, this seems illogical. If you have been hungry for months, then you should eat the cowl There are old cows roaming all over India, no one else owns the cows, and you know how to slaughter a cowl What's stopping the Hindu man from killing the cow?**

**The answer to that question is simple, If you understand his cultural values. The Hindus, %%rho make up over 80% of India's population, believe that cows are sacred and should not be slaughtered. From the outside, a group's cultural values are often difficult to understand. For members inside the group, cultural values are the core principles and Ideals upon which the entire community exists.**

**SOCIAL VALUES**

**Social values form an important part of the culture of the society. Values account for the stability of social order. They provide the general guidelines for social conduct. Values are the criteria people use in assessing their daily lives; arrange their priorities and choosing between alternative course of action.**

**Social value is a way of thinking about how scarce resources are allocated and used, it Wolves looking beyond the price of each individual contract and locking at what the collective benefit to a community is when a public body chooses to award a contract. For example, Values such as fundamental rights, patriotism, respect for human dignity, rationality, sacrifice, individuality, equality, democracy etc. guide our behavior in many ways.**

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| --- | --- | --- | --- | --- |
|  | **FORMING VALUES** | |  |  |
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**VALUES AND ATTITUDE**

**"Values principles, standards or qualities that an individual or group of people hold in high regard. These values guide the wan we live our lives and the decisions we make. A value may be defined as something that we hold Oar, those things/qualities which we consider to be of worth’'.**

**Types:**

**Values can be classified into two broad categories:**

**(1) Individual values:**

**These *are* the values which are related with the development of human personality or individual norms of recognition and protection of the human personality such as honesty, loyalty, veracity and honour.**

**(2) Collective values:**

**Values connected with the solidarity of the community or collective norms of equality, Justice. solidarity and sociableness are known as collective values.**

**"Attitudes are how values are rnanifected towards others. Attitudes are our feelings towards certain idea or issues".**

**Authnrn reveal certain attitudes within their texts whether these texts be fiction or non•fiction, print or non-print. Attitudes are conveyed through the use of specific language which positions you to accept the author's attitudes...**

**Attitudes can be revealed in characters thoughts, actions, body language, dress etc. (—An attitude is a person's view.\_ Never label any attitude as simply positive or negative!)**

**IMPORTANCE OF VALUES**

1. **Values play an important role in the integration and Fulfilment of man's basic impulses and desires in *a* stable and consistent manner ap pr op r ia te for his living.**
2. **They are generic experiences in social action made up of both individual and social responses and attitudes.**
3. **They build up societies, integrate social relations.**
4. **They mould the ideal dimensions of personality and range and depth of culture.**



**c They snlluence people's behaviour and serve as criteria for evaluating the actions of others.**

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6 **lhey have a great role to play in the conduct of social**

**7 They help in creating norms to guide day-to-day behaviour,**

**SELF DISCIPLINE**

**Self discipline is the ability you have to control and motivate yourself, Stay on track and do what is right. An example of self discipline is when you make sure you get up an hour early before work each day to get to the gym.**

f

**HOW CAN WE GET DISCIPLINE?**

* **Eating More Often.**
* **Build Your Decision Making Skills Like A Muscle.**
* **Change Your Concept About Willpower\_**
* **Use the Out of Sigh) Out of Mind Rule.**
* **Give Yourself a Backup Plan.**
* **Stick to One Goal at a Time.**
* **Monitor Your Progress.**

**PERSONAL VALUES**

**Personal values are the general expression of what is most Important** for **you. A valueexpresses the worth of something, and In this case what you categorical like** and chslike. **So they are like categories**

**for all your preferences in life.**

**We are all** influenced in varying **degrees by the values of our family, culture, religion, education and social group. Knowing your own values can help you work effectively with clients, resolve conflicts and support the organisation's philosophy** of care **appropriately. Wherever our values come from they make us the unique person we are today! For example, one's personal values ay depend on the**

**following factors:**

***Race***

**With what race do l identify?**

**Do I know people from a different race to me?**

**Do I beLIeve people from different races should live together? *Cure***

**What culture do I Identify with?**