**Part 1: Values**  
**Your Values**

* Identify the three values you would like the team to embrace and understand so you can feel like you are bringing your best to the team.
* Place each value in the appropriate category below.

|  |  |  |  |
| --- | --- | --- | --- |
| How you relate to others | Right & Wrong Decisions | Decisions on how you use your time | How you approach school or work - especially on a team assignment |
|  |  | Meaningful work | Efficiency  Competence |

Note: Some of your values may fit into more than one category.

**Values Reflection Question**

What judgments would you make if one or more of your teammates would not honor this value?

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| --- |
| I would think they are very self-interested |

**Part 2: Needs**

**Your Needs**

* Identify the three needs that would enable you to be your best self to your team.
* Place each need in the appropriate category below.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Individual | Relationship | Insatiable | Episodic | Short Term |
| To be free  To be busy  To improve |  |  |  |  |

Note: Some of your needs may fit into more than one category

**Needs Reflection Questions**Place your answers in the appropriate boxes.

How does this need allow you to be the best version of yourself in a team environment?

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| --- |
| Because it allows me to do what I want, when I want. I will get everything done but using my own method. |

When not met, what impact does this unmet need have on you? How might others experience you in a team?

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| --- |
| I don’t think there is much impact. The only impact I can think of is I would spend less time thinking hard about the problem at hand. Working my own way allows me to think hard about problems for a longer time. |

**Part 3: Enter Your Needs and Values on Google Sheet**

Access this linked Google Sheet and do the following (<https://docs.google.com/spreadsheets/d/1pnzqLGODoIofGl1nShjxC50XE2U4ppviGFb9fjLtXE4/edit?usp=sharing>):

* Find your name in the row near the top.  We have grouped your Practicum Team by name.
* In the column under your name:
  + Add your three identified Values
  + Add your three identified Needs
* Review your individual Needs, Values, Styles, and Strengths and respond to the following reflection questions:

**Part 4: Needs, Values, Styles, and Strengths Reflection Questions:**

Place your answer in the appropriate boxes.

Which strengths, styles, needs, and values reinforce each other?

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| --- |
| To be busy and to improve reinforce each other. Being busy can help improve because you are either doing something you know how to do and can figure out how to become better at it, or try to do something that you aren’t very good at and improve at it. |

Which strengths, styles, needs, and values seem to conflict with one another?

|  |
| --- |
| Busy can conflict with having meaningful work. Sometimes in order to be busy, some people will do meaningless work. It will be challenging to do both at the same time but it is possible. |

How might your strengths, styles, needs, and values collectively positively or negatively impact your team dynamics?

|  |
| --- |
| Being busy will positively impact the team by allowing me to get work done. To be free might negatively impact the team by causing conflicts such as I want to do something a certain way but my team’s current path to achieve a goal by doing it a separate way. |

**Canvas Submission**

* This assignment is due by midnight tonight.
* This assignment is graded. Therefore, we recommend you review and revise your responses to the reflection questions in this worksheet and answer them thoughtfully.