Lab 1: Connecting To Your Principles and To UW

Personal Values
This exercise was pioneered by a U. CO psychology instructor – we use it to get ourselves thinking about our own priorities; it is graded superior/submitted/notsubmitted [That means, we will not grade you on what you say, only if you made a sincere effort to do the exercise.]

Exercise: Think about the things that are important to who you are. Reflect on what principles you live by. Perhaps you believe it is important to always be honest. Perhaps you care about being creative; perhaps you want to make a contribution to society and count that as most important; or maybe you think it is essential to have a great sense of humor; possibly it’s most important that you be “green,” that is, environmentally conscious. What are the things that matter most to you?

What To Do: Pick two or three of your most important values, and write about why they are important to you. What makes them so important to you? Explain how they define who you are. You’ve chosen these as important; should others choose them, too?

You can write it online (Word Doc) or on paper; if on online, submit it at the class Dropbox (https://catalyst.uw.edu/coll ectit/dropbox/snyder/33805); if on paper, turn it in to your TA.

Questions About Lightbot 2.0
Wazzup? Need some explanation or help?