
Personal Values

Name:

UWNetID:

Section: AA AB

In this assignment, you will be answering several questions about your ideas, beliefs, and life. There are no right or wrong answers; it will be graded on effort – not on content or grammar. When you are done, hand this paper to a TA. The responses will be kept confidential.

Question 1

Please read over this list of personal values carefully, and think about each of the values. Then select two or three values that are MOST important to you.

The most important values to me are: (select **two or three**)

- 1 () Athletic Ability
- 2 () Confidence
- 3 () Creativity
- 4 () Empathy
- 5 () Independence
- 6 () Leadership
- 7 () Membership in a Social Group (such as your community, ethnic group, or school club)
- 8 () Music
- 9 () Patience
- 10 () Perseverance
- 11 () Politics or Government
- 12 () Relationships with Friends or Family
- 13 () Religious or Spiritual Values
- 14 () Sense of Humor

Question 2

Consider times when the values you chose were or would be very important to you. In two paragraphs, answer the question: "Why are these values important to you?". You may include examples of personal experiences in your response.

Question 3

Consider the values you picked as most important again. List the top two reasons why these values are important to you:

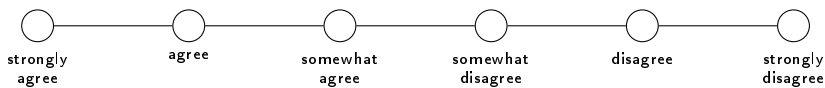
(1)

(2)

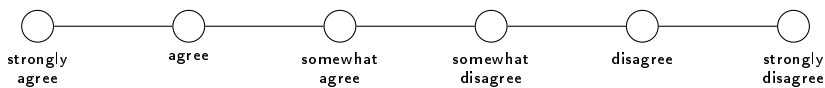
Question 4

Indicate your level of agreement with each of the following statements:

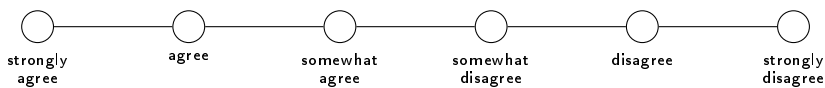
(a) The values I selected have influenced my life.



(b) In general, I try to live up to the values I selected.



(c) The values I selected are an important part of who I am.



(d) I care about the values I selected.

