VALUES PAGE:

INSTRUCTIONS
Ready to clarify what is important to you? Go fishing for values!

**Fishing for Values**

1. Click on the Start shell*

   *Think about how you spend most of your time, topics you get excited or angry about, aspects of your ideal day, and then determine which Values look like they are yours.*

2. You will make 2 Levels of Selections.

3. **Level One Selection**, you will choose 10 Values from the 62 Pathways Values.

4. You will see 2 tanks -
   a. The tank on the **Left** holds Value Fish. You will view 5 fish at a time.
   b. The tank on the **Right** is where you can click and drag your top 10 Value Fish.

5. Click on the shells with Arrows or the Pearls at the bottom of the tank to see more Value Fish. You will be able to see 5 fish at a time, but there are 62 total values for you to choose from. Be sure to view them all!
6. Descriptions: To see descriptions of the values, hold your mouse on the Value Fish. Throughout the activity, try to read through as many of the descriptions of Values as you can.

7. Discard tank: If you know that a value does not represent what’s important to you, you can move that value to the Discard tank by dragging the fish to the Discard button. You can always review and retrieve your discarded Values by looking at the Discard tank.

8. Done choosing 10 values? Click Save once you have moved your top 10 Value Fish to your tank.

9. Then click Next.

10. **Level Two Selection:** It’s time to narrow your choices! Narrow your values from 10 to your top 5 values.
11. Review your 10 values on the Left and think about the ones that really guide your life.

12. Drag 5 values to your tank on the Right.

13. Done choosing your top 5? Click on Submit.

You are ready! You will use your values to explore and plan in Pathways. All majors and occupations have associated values. Be sure to look at the majors and occupations that have values which complement your characteristics.

Ready to begin? [link to Values Assessment]

*Please Note: You can also select a plain text version of this activity. At the bottom of the screen you will see: Having trouble? Check out our text only version.

Still having a hard time identifying your values? [link to page: “Still having a hard time identifying your key interests, values, and skills?”]