

Student Resource 4.1

Survey: What Matters to Me

Student Name: _____ Date: _____

Directions: Read each statement in the boxes below. Think about whether or not each statement sounds like you—how you think or feel about things.

If the statement is true, write “T” on the line next to it.

If the statement is false, write “F” on the line.

If the statement is sometimes true and sometimes false, leave the line blank.

At the bottom of each box, write down how many T’s you have.

Remember that this is not a test. There are no right or wrong answers. This is just a tool to help you think about what matters most to you.

| Group A | Group B |
|--|---|
| _____ I get bored easily. | _____ I don't like being told what to do. |
| _____ I like to try new things. | _____ I have my own ways of getting stuff done. |
| _____ I adjust well to unexpected events or a change in plans. | _____ I like to have control over my own schedule. |
| _____ I enjoy being surprised. | _____ I feel like I'd get more done if people would leave me alone and let me do things my own way. |
| How many T's? _____ out of 4 | How many T's? _____ out of 4 |

| Group C | Group D |
|---|---|
| _____ I'm comfortable speaking in front of other people. | _____ I would like to be famous. |
| _____ I enjoy telling other people what to do. | _____ I do my best work in front of other people. |
| _____ I feel pleased if someone refers to me as a “leader.” | _____ I would never do work if I didn't get the credit for it or get to have my name on it. |
| _____ I would like to be an example for other people. | _____ I like being the center of attention. |
| How many T's? _____ out of 4 | How many T's? _____ out of 4 |

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| Group E | Group F |
|--|--|
| _____ I get tired or overwhelmed when I have to deal with a lot of people. | _____ I like taking care of people or animals. |
| _____ I work better alone than with other people. | _____ I like being able to “fix” things, whether that’s putting a bandage on a kid’s scraped knee or giving a friend advice. |
| _____ I enjoy spending time alone. | _____ I feel good when I take care of others. |
| _____ I am comfortable in quiet places. | _____ I think it’s important to help other people. |
| How many T’s? _____ out of 4 | How many T’s? _____ out of 4 |

| Group G | Group H |
|--|---|
| _____ I like thinking “outside of the box.” | _____ I like working with my hands. |
| _____ I enjoy the arts: art, drama, dance, or music. | _____ I don’t like sitting still. |
| _____ I think it’s more interesting to imagine what “could be” than to talk about what “already is.” | _____ I enjoy sports. |
| _____ I like coming up with new ways to do something. | _____ I’d rather work outside all day long than sit in a classroom. |
| How many T’s? _____ out of 4 | How many T’s? _____ out of 4 |

| Group I | Group J |
|---|---|
| _____ I like to take risks. | _____ I don’t mind doing a boring or “not fun” job if it pays a lot of money. |
| _____ I think it’s boring to do “safe” or “predictable” things. | _____ I have more respect for people who earn a lot of money. |
| _____ I would rather learn to do a crazy stunt on a bike/rollerblades/skateboard than just ride around. | _____ When I’m an adult, I don’t want to have to worry about paying my bills. |
| _____ I am usually interested in trying stuff that other people won’t do. | _____ In the future, I would love to own the “best” of everything—a really nice car, a really great house, etc. |
| How many T’s? _____ out of 4 | How many T’s? _____ out of 4 |

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| Group K | Group L |
|--|--|
| <input type="checkbox"/> I am motivated by what others say about me or what they might say about me. | <input type="checkbox"/> I get bored if a task is too easy. |
| <input type="checkbox"/> I think it's important to have other people respect you. | <input type="checkbox"/> I do my best work when I am "pushed" or challenged. |
| <input type="checkbox"/> I want to impress people. | <input type="checkbox"/> I would hate to have a job where I just did one thing all day long. |
| <input type="checkbox"/> I like it when people know who I am or have heard about me from others. | <input type="checkbox"/> I feel great after I finish a really hard task. |
| How many T's? _____ out of 4 | How many T's? _____ out of 4 |

| Group M | Group N |
|--|---|
| <input type="checkbox"/> I do my best work if I can talk it through with other people. | <input type="checkbox"/> I write or draw in a journal in my spare time. |
| <input type="checkbox"/> I like working together as part of a group or a team. | <input type="checkbox"/> Listening to music, reading a book, or watching a good movie can have a big impact on my mood. |
| <input type="checkbox"/> I get energized by being around other people. | <input type="checkbox"/> I am really affected by my surroundings. |
| <input type="checkbox"/> I would hate to work alone in a room all day. | <input type="checkbox"/> I tend to look for beautiful things in my everyday life. |
| How many T's? _____ out of 4 | How many T's? _____ out of 4 |

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| Group O | Group P |
|---|--|
| <p>_____ I want to spend my time working on things that I believe in or for causes that feel important to me.</p> | <p>_____ I enjoy learning new things from books or classes.</p> |
| <p>_____ I spend a lot of time thinking about my place in the world.</p> | <p>_____ I like to analyze problems and work through them logically.</p> |
| <p>_____ I want to make the world a better place.</p> | <p>_____ I enjoy subjects like math and science.</p> |
| <p>_____ I have strong opinions about what is "right" or "fair."</p> | <p>_____ I enjoy subjects like history and literature.</p> |
| <p>How many T's? _____ out of 4</p> | <p>How many T's? _____ out of 4</p> |

Student Resource 4.2

Guide: What Matters to Me

Student Name: _____ Date: _____

Directions: After completing the What Matters to Me questionnaire (Student Resource 4.1), use this guide to help you interpret your results. Copy your results—how many T's you scored for each group—onto this sheet to make it easier to find your answers.

In general, the higher your score, the more important this value is to you. In other words, if you got a 3 or a 4 out of 4 in a particular group, this value is probably something that is pretty important to you. If you got a 1 or a 2 out of 4, this value is something that is less important to you.

Read about the groups for which you received a 3 or a 4.

REMEMBER: There are no right or wrong answers!

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| Group A: How many T's? | _____ out of 4 |
| If you got a high score in this category, you value NOVELTY. That means that you are interested in new things. You probably enjoy change or surprises. You may do very well in unexpected circumstances. It may be hard for you to concentrate on routine or predictable things. That can be boring for you. You may be very adaptable and flexible. | |
| If novelty is important for you, you may want to look for a career or a field of study that is constantly changing or requires you to "think on your feet." However, you will probably need to find ways to handle some repetitive or "boring" tasks, since almost every job involves a certain amount of routine. | |

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| Group B: How many T's? | _____ out of 4 |
| If you got a high score in this category, you value CONTROL. You like to do things your own way. You may enjoy being in charge of other people, or you might prefer to work by yourself. In either situation, you want to be able to choose when and how you get things done. You may get frustrated when you have to follow somebody else's directions. You may value self control in particular; you may also be someone who pays great attention to detail. | |
| People who value control can try many different career fields. Many of these people are organized and efficient workers who can succeed in a number of different jobs. However, people who value control may have a harder time early in their career, because most entry-level jobs require you to take orders from a lot of different people. Generally, you will earn more control as you rise higher in your chosen profession. So it's important to start thinking about how to respond appropriately to someone else's requests, even if it's more difficult for you. | |

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| Group C: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value LEADERSHIP. You may be the kind of person who serves on Student Council, organizes a dance or a party, or is a team captain in sports. Maybe you have been told you are a "natural leader." People who value leadership are often more comfortable speaking in front of other people or telling other people what to do. If you are given a group assignment, you may be the one who jumps in first and starts figuring out how to do things. You are not afraid to take the initiative, which means get things going. You can think for yourself.</p> <p>People who value leadership generally look for careers where they can guide and direct others. That could mean leading a company or running for public office. Many leaders also enjoy jobs like teaching or serving in the military. However, people who value leadership also need to learn to listen. A natural leader has an easy time talking and telling people what to do; that person also needs to listen to other people's ideas and opinions.</p> | |

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| Group D: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value ATTENTION. People may call you the "life of the party" or the "class clown." You enjoy doing things that get other people to notice you. You may be someone who performs in school plays or plays sports, but you do your best when other people are watching. You might be what psychologists call an "extrovert," which means that you draw your energy from being around a lot of other people.</p> <p>You would probably love a career that let you be famous, but not everybody can achieve that. Since you know you do your best work when others are watching, use that to your advantage. Choose a field of study and a career that requires you to present your work to other people on a regular basis. That way you will always do your best. You might enjoy working in a field like public relations, where you are constantly dealing with media people as you promote your clients.</p> <p>Keep in mind, though, that most people need to practice their work, even if nobody sees it. So it's important to find ways to keep yourself motivated during the times when you aren't getting a lot of attention for your work.</p> | |

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| Group E: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value PERSONAL SPACE. People may call you "quiet," "shy," or "a loner." It doesn't mean that you don't have friends, but you like to have time alone, too. If you spend too much time in a loud, noisy, crowded place, you probably feel tired. In psychology, you might be called an "introvert," which means that you draw your energy from being alone or with a few people you trust.</p> <p>People who value personal space may do well in careers that focus on things rather than people—for example, doing research or working with computers. They may also enjoy working for themselves or telecommuting, which means working outside the office and "commuting" by connecting over the Internet. But you can't go to school all by yourself, and any job requires you to interact with people some of the time, so it's important to think about how to get more comfortable at talking to or being around a large group and people you don't know.</p> | |

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| Group F: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value NURTURING, or concern for others. You may be good with younger children or animals. You might enjoy baby-sitting or pet-sitting. You feel good being able to help or solve others' problems. You are probably a good brother or sister and a good friend.</p> <p>There are many jobs that are a good fit for someone who values nurturing and concern for others. You might want to be a doctor, nurse, or other medical worker. You might enjoy working with children as a teacher, or you might enjoy working with elderly people, who also need a lot of care. If you like animals, being a veterinarian, vet tech, or animal trainer might be appealing. Some nurturing people also work as a counselor, a therapist, or a psychologist. Nurturing people are very warm and caring, but sometimes they have a hard time saying "no" to others. If your friend needs help, but you have to study for a test, what do you do? Sometimes nurturing people are better at taking care of other people than they are at taking care of themselves. It's good to be supportive of other people, but make sure to balance it with your own needs!</p> | |

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| Group G: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value CREATIVITY. You may be good at art, music, dance or drama, which are all creative activities. Or you might be creative in other ways—maybe you are good at making up stories or poems, or you can come up with creative ways to solve a problem. You might be good at inventing things or writing computer programs. All of these are different ways to be creative, or innovative. Innovation means dreaming up new ideas, products, or methods.</p> <p>Creativity is a very valuable skill to have in many different career fields. In fact, lots of companies are starting to put more of an emphasis on finding creative employees, because they are better at solving problems and thinking up new products. However, some creative people have a hard time focusing on non-creative tasks. In school, you might do really well in a more creative subject, but really struggle in something that is factual or requires you to memorize things instead of make them up. Since no job is 100% creative all the time, it's important to find ways to use your creativity to help you do non-creative tasks. Maybe you can write a song or a poem to help you to memorize those terms, or create a computer program to help you to practice your math problems.</p> | |

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| Group H: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value PHYSICAL ACTIVITY. You probably enjoy sports or doing stuff out-of-doors. It might be hard for you to sit still in a classroom all day. You may be good with your hands—good at fixing or building things. You might enjoy cooking, gardening, or doing crafts. You may prefer practical, hands-on activities. Maybe you are someone who learns by doing. For example, if someone tried to tell you how to change a car tire or cook dinner, you wouldn't really get it. But if you can get in there and try to change the tire or cook the recipe yourself, you'll figure it out.</p> <p>People who value physical activity sometimes struggle in school, because a lot of school is about sitting still and listening. You may find it easier to concentrate if you get enough physical activity during your breaks. When it's time to get a job, there are many jobs that require people with good physical skills—anything from being a professional athlete to doing construction or working as a beautician or massage therapist. Remember that you will be more successful in all of these jobs if you develop good basic reading, writing, and math skills, so remember to stay focused, even on those days when you'd rather be doing something physical.</p> | |

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| Group I: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value RISK-TAKING. People may call you an “adrenaline junkie” because you like to take chances and do things that other people won’t do. You might find it boring to do things the usual way. You may be highly innovative, thinking of new ways to do things. You are also probably comfortable taking the initiative, which means you’re not afraid to take a fresh approach or to get something started.</p> <p>Many risk-takers are very successful in their careers. After all, the first astronauts to fly into space or the people who invented the first home computer were doing things that other people said were “crazy.” People who are on the cutting edge of their field usually have to take a lot of risks. By trying new things, they are taking a chance that they—or their company—might fail. Risk-takers may enjoy starting their own business or working in fields like science or technology. Advertising can also be a good fit for risk-takers, because launching a major advertising campaign can be very risky. Many risk-takers excel in the military.</p> <p>However, people who value risk-taking have to learn to identify “smart” risks and “stupid” risks. Successful scientists and entrepreneurs take “smart” risks to make new discoveries and launch new products, but some risks are not worth taking.</p> | |

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| Group J: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value WEALTH. It is important to you to have enough money that you don't have to worry about how to pay your bills. You may have specific things you want to buy or do—for example, own a certain type of car or be able to take a trip somewhere far away. These things are important enough to you that you are willing to do a slightly less interesting job as long as it pays well.</p> <p>Many people who value wealth get jobs in the business or financial sectors. Many of these jobs pay very well and people spend their time dealing with money and how to make more of it. Other people who value wealth may choose jobs in other fields that traditionally pay well, like being a doctor or a lawyer. However, it's important to realize that an entry-level job in this field may not pay the big salary you're dreaming of. If your goal is to make a lot of money, you will probably need to work your way up the career ladder. That usually means you need good grades in school and a good work record, so consider your time in school right now an investment in your future!</p> | |

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| Group K: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value REPUTATION. You care what other people think and say about you. It's important for you to have a reputation that people respect. You like to impress people. You may want to impress them with material things—wearing the right clothes, jewelry, etc.—or you may want to impress them with what you say and do.</p> <p>You will probably do well in a career where your work is presented to other people. Your drive to impress people can lead you to great success, because you want to develop a good reputation within your company and your field. However, especially in your adolescent years, it's possible to be too concerned about what other people think about you. Try to develop a good sense of yourself and keep a few trusted friends close by. That way, if some people don't understand, like, or respect you, you won't be too upset by their negativity.</p> | |

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| Group L: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value CHALLENGE. Whether it's a challenging teacher or a tough coach, if somebody pushes you to do your best, you will usually succeed. If things are too easy, you might tune out or stop trying. You have a high stress tolerance, meaning that you can withstand stressors that might cause others to give up.</p> <p>When you think about future careers, you can't imagine having a job where you did the same exact thing every day. For you, that would be too boring! Fortunately, there are lots of jobs out there that can offer a wide range of experiences and challenges for you. Whether it's curing a disease, inventing a new product, or solving a problem, you can find a challenge that appeals to you.</p> <p>Remember, though, that many entry-level jobs are not very challenging. Companies need to figure out which people can handle the challenge and which people can't. It may be hard for you to stay focused if you're doing an entry-level job—or taking a "boring" class in school—but remember that you have to prove that you have the knowledge and the dedication to handle big challenges before someone will give you a chance to work on them.</p> | |

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| Group M: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value COLLABORATION. You like working in a group. In fact, you might feel as if you work better when you talk over your ideas with other people. You may enjoy playing team sports. You might be what psychologists call an "extrovert," which means that you draw your energy from being around a lot of other people. Some introverts can get a high score in this category too because they like working with a small group of trusted people. Either way, you value cooperation.</p> <p>People who value collaboration generally make very good coworkers and can be successful in a lot of fields. You may want to look at careers that involve dealing with other people in a group setting like an office. Working together to solve a problem, having a meeting to make a big decision—these are common experiences in an office, and collaborative people usually excel in those situations. However, no job is 100% collaborative. You will always have times when you have to sit alone at your desk and figure things out, so if that's difficult for you, start thinking now about how to be more successful at those types of tasks.</p> | |

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| Group N: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value SENSITIVITY. You may be told you are “thin-skinned” or that you “feel things more deeply than other people.” You may be a very emotional person who cries easily. You might be very sympathetic, easily affected by your friends’ moods. You may be sensitive to artistic things like poetry, art, film, or music. You might be the type of person who reacts to beauty in the world around you—a sunset, or a flower growing through a crack in the sidewalk.</p> <p>Many sensitive people are also artistic, and you may enjoy a career in art, music, dance, drama, film, or creative writing. Sensitive people often are especially good at understanding how other people are feeling. They may excel as nurses or counselors, and they may be good at working with “special needs” populations—for example, people with disabilities or people who have been abused. You probably pay good attention to detail as well, especially if you know the details are important to people or causes you care about.</p> <p>Things can be difficult for sensitive people. Other people may not understand why something upset you or excited you, and because you are sensitive, you may get hurt or disappointed more often. However, you will also probably get excited or happy more often than another person, and you will probably notice many beautiful and meaningful things that other people are too busy or distracted to pay attention to.</p> | |

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| Group O: How many T's? | _____ out of 4 |
| <p>If you got a high score in this category, you value IDEALISM. That means that you have strong ideas or beliefs about how the world “should be” and you want to do something to make your beliefs come true. You may get angry or excited about things that you think are not right or not fair. You will happily spend a lot of time working for a cause that you believe in. You want to be someone who makes the world a better place. You have integrity, which means you are honest and have strong moral principles. You might already be involved in student marches or campaigns online to promote specific causes that are close to your heart.</p> <p>People who value idealism may enjoy working in public service or government. They might work or volunteer for a nonprofit organization that they believe in. They might get a job in the field of medicine or education, since those two fields can have a direct impact on the future of the country and the world. Many large companies also have foundations, which use some of the company’s profits to do charitable work.</p> <p>If idealism is important to you, it may affect what kind of company you work for, rather than what kind of job you do. For example, you could be an architect or an engineer, but if you value idealism, you might be an architect who builds green buildings or helps design low-cost homes for poor people. If you’re an engineer, maybe you will help design a new technology that helps bring electricity or clean water to people in third world countries.</p> <p>Idealists can do a lot of good, but they can also get discouraged and disillusioned when the world isn’t as ideal as they hoped. It’s important to try to keep a certain amount of realism in mind. You won’t solve these big problems overnight, and not everyone will feel as strongly about them as you do. But you can still make a difference.</p> | |

Group P: How many T's?

_____ out of 4

If you got a high score in this category, you value **LEARNING**. You may be a good student. You probably like school (at least some parts of it), and you would probably enjoy going to college and maybe even graduate school. But even when you're not in a class, you like to learn new things. Maybe you watch educational shows on TV or online about different topics, or you read books and teach yourself. You may be fond of math and science; you may be very analytical. Or you may prefer history and literature, but you can lose yourself in a topic that interests you. You are interested in ideas, thinking, and figuring things out.

Loving to learn is key to most, if not all, careers. Many people who value learning work in the field of education as teachers, administrators, or college professors. People who value learning tend to make good teachers, and every career field needs people who can train the next generation of workers. In today's ever-changing economy, employers look for people who are lifelong learners—people who can learn new techniques and technologies. However, even people who love to learn may struggle to pay attention to things they aren't interested in. It's important to develop your concentration skills so that you can learn the things you have to know, as well as the ones you want to know.

Frequently Asked Questions

I scored a 3 or a 4 in many different categories. What does that mean?

Most people would probably score a 3 or a 4 in several different categories of this questionnaire. None of us has only one thing we value. And your results will probably change as you get older. As we experience different things in our life, our values often change. For example, this questionnaire is written for teenagers, so it doesn't ask questions about things like being married or having kids. But if you grow up and get married and have kids that will probably have a big impact on what matters most in your life.

This is just the first of several personal evaluation tools you will use in this course to help you get to know yourself a little better. As you take more of these tools, you will hopefully start to get a clearer picture of what you might want your future life to look like.

I got some results that don't sound like me at all! What does that mean?

These types of tools are written to work for a wide range of different people. That means that their results may not always be 100% accurate for you. This questionnaire is just for your personal knowledge. No one is going to ask you to make decisions about your course schedule or your future career and school plans based on this one assessment tool.

If you got results that are unexpected or don't sound like who you think you are, take time to read over the questions associated with those results. Maybe you said something was "True" that isn't always true for you. Or maybe, if you think your answers were accurate, you have hidden talents and values that you aren't sharing with other people right now. The goal of this questionnaire is to get you thinking about yourself and what you value—not to tell you who you are.