**Assignment:** Values and Career Choices Quiz and Discussion Activity

This is a two-part assignment. The first part is a quiz that will be completed in week 4. The second part is a discussion post that will be completed in week 5.

**Learning outcome:** At the end of this course students will be able to explain how one’s personal or cultural values can affect their career decision-making process.

**Purpose:** In this assignment you will be able to describe the relationship between someone else’s values and their career choices.

**Instructions:**

**Part 1- Week 4**

*Step 1.* Navigate to the Week 4 quiz. Read through the example story. It will be listed in the quiz, but it is additionally listed just beneath the instructions.

*Step 2.* By Sunday at 11:59 pm, students will answer the three open-ended questions in the quiz:

1. Why did Sally enter the medical field?
2. How did Sally’s interests, conflict with her job?
3. What factors should an individual consider in making a career decision?

**Sally’s Story**

Sally has always just assumed that she would become a doctor. Her father was a doctor, and Sally had grown up highly regarding the profession. She was good at math and science, and would have had no difficulties getting into medical school.

However, working in a hospital made her unhappy. Sally really enjoyed music and how it made her feel happy, and the hospital seemed so sad and quiet all the time. She hated the way her job kept her from listening to and creating music. At the end of her busy shift, she was too exhausted to do anything else. Sally decided to make a change. The fact that she was good at her job, she discovered, did not automatically mean that she was happy or satisfied with it. She had to consider her values, as well as her skills. What could she do, she wondered, that would make use of her math and science skills, while allowing her to be happy and musically creative? After some searching, Sally had an answer: She decided to combine her math and science skills with her love of the music by becoming a music therapist. She has been much happier since. Had Sally taken the time to consider her values before she made her initial career choice, she might easily have seen that being a doctor was not the best career for her. It’s important for you to examine your values, too. Your values are reflected in the kinds of people you like and respect, your favorite activities, the places in which you feel most comfortable-in short, in how you react to the many different aspects of your life. There are no right or wrong values when it comes to making a decision about a future career. You just need to be sure that they are yours, not those of your best friend, or the star of your favorite TV show. (Story based off of Career Decision-Making module from Rutgers University: Career Services. Name and careers changed. <https://aspira.org/sites/default/files/U_VII_M_2_cdm.pdf>)

**Part 2- Week 5**

*Step 1.* Reflect on the example story about career values listed in last weeks’ quiz, then post to this week’s discussion board by Wednesday at 11:59 pm and address the following points:

* Assess your own values. Share how your values might affect what career path you decide to pursue. Be specific and share at least three values.
* Begin identifying options. List at least two college majors, career paths, or other options that you are considering.

*Step 2.* Reply to at least two other classmates’ posts by Sunday at 11:59 pm. Provide thoughtful responses (ask questions, share stories). Reply so the conversation is able to continue.

**Rubric:**

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| **Criteria** | **Meets Expectations** | **Not Yet Meeting** | **Does Not Meet** | **Points** |
| Part 1.Take the quiz and answer the three open-ended questions  | Responds to all three questions. Uses short, succinct sentences. Answers reflect the reading material has been read. – 6 points | Responds to one to two questions. Answers are very brief. Or answers are semi-reflective of reading material being read.  – 2-4 points | Does not respond to the discussion questions. Or answers are not reflective that reading material has been read. – 0 points | 6 points |
| Part 2.Assess your own values | Shares how values might affect what career path is pursued. Response is specific and at least three values are shared.  – 10 points | Shares values but does not explain how it affects career decision-making. Or does not share at least three values.  – 5 points | Does not share or assess values points.– 0 | 10 points |
| Part 2.Career exploration/ identifying options | Lists at least two college majors, career paths, or other options that are being considered. – 4 points | Lists one college major, career path, or other option being considered. – 2 points  | Does not list any options. – 0 points | 4 points |
| Part 2.Response posts | Replies to at least two other classmate’s posts. Responses are thoughtful or questions are asked.  – 5 points | Replies to classmates but responses are not thoughtful. Or only responds to one classmate. – 3 points | Does not reply to classmates. – 0 points | 5 points |
|  |  |  |  | **25 points total** |