



Your Leaving Academia Toolkit



Values exercise

Good day

Consider times when you felt proud, happy or fulfilled. These are times you're your values are being met. Unpick the event(s) forensically:

| | |
|--------------------------|---|
| Situation | <ul style="list-style-type: none">•• |
| Why was it great for you | <ul style="list-style-type: none">•• |
| Key words | <ul style="list-style-type: none">•• |

Bad day

Consider times when you felt upset, angry or uncomfortable. These are times you're your values are being challenged. Unpick the event(s) forensically:

| | |
|------------------------|---|
| Situation | <ul style="list-style-type: none">•• |
| Why was it bad for you | <ul style="list-style-type: none">•• |
| Key words | <ul style="list-style-type: none">•• |

Shortlisting values

List your possible values here:

Now grab some post-its and write one value on each. Can you rank them in order of priority? One way is to take pairs of values and decide which is more important. What must you absolutely have?

It might help to think of a situation where the values would clash. For instance if you has 'stability' and 'helping others' as values what would you do if you were offered a short term post overseas contributing to the welfare of that region?

Can you now fill in the table below?

3 Top values (MUST have)

- 1.
- 2.
- 3.

Other nice to have values: