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Career Decision Making T/Th 2:00-2:50pm

Values Reflection

Values are an important part of my everyday life and will certainly impact my future career. Selecting just a few values from the worksheet we were given proved to be challenging for me, so I grouped some of them together into general categories. After doing so, I thought about majors and careers and reflected on how each category goes along with them.

“Flexibility in commitments and schedule to allow for balance between work life and personal life.” I plan to have a career that I thoroughly enjoy, but I want to be able to have a life outside of work. If I have children in the future, I would not be okay with missing their events and life milestones because of work. I think this value would eliminate many careers. From what I know, most careers in the medical field require 40+ hours a week. Working in a school would be ideal for this value because I would have the same “work” hours as my children.

“Feel good about what I am doing: contributing to societal good, compassion and caring—helping others and/or being helped, consistent practice of integrity and ethics, having self respect and pride in work.” I need to feel like the work I am doing is helping to make the world a better place—whether it be by working towards a breakthrough medical discovery or simply through positive interactions with others. These values fit into many careers. I like to help and talk with other people. This would be great for a social work major, but I am not sure if I want to constantly be filling my life with other people’s problems when I have my own to try to work through. At my current job, there are things that I do not think show a consistent practice of integrity and ethics, and it is very bothersome to me. I feel extremely awful working with patients and knowing information that I think would influence their actions, but my boss does not permit me to tell them. I could not stand to have a career where I feel like I am being dishonest or withholding information. I think this value could cause me some troubles working in business or sales because so many companies sell and do things that are not really in the best interest of the customer, but they sure do make it seem so.

“Being with others: day-to-day contact with the public or people, friendships and social activities, working in teams or groups.” While I could function and do good work behind a computer in a cubicle, I have no interest in doing so. After a while I would feel lonely and isolated. While this value is important to me, it could be fulfilled by an aspect of pretty much every major, so I do not think it really helps me get closer to picking a major. I could do a group project in a business setting or while working in a children’s daycare. If I am in a career that matches my interests, most likely my coworkers will be similar, so I imagine we will get along and be friends.

Although my values may change as I continue to grow and learn, those described above will help guide me to choosing a career.