

HANDOUT FOR MENTEE

EMPLOYABILITY

1. Theme “Self-evaluation for my willingness/ motivation to work”
Exercise “Test of job values”

Developed by: Social Innovation Fund, Lithuania

Based on: Rokeach, M. (1973). *The Nature of Human Values*. New York: The Free Press.

Task for mentee:

- There are two steps in this exercise. In the first step you will evaluate the meaning of each value in **your life** and in the second – in **your work**.
- There is a list of values below. Each value is accompanied by a short description.

1 step:

Study this list of values and think of how much each value may act as a guiding principle in your life. Your goal is to evaluate how important each value is **in your life**.

Please select your answer by using a scale from 1 to 7. If the listed value is very important for you, please mark number 7. In case the value is not important at all, please mark number 1. In case your answer would be somewhere in the middle, please select between the scale from 2 to 6.

Pleasure: an enjoyable, leisurely life

	1	2	3	4	5	6	7	
Not important at all								Very important

A World at Peace: a world free of war and conflict

	1	2	3	4	5	6	7	
Not important at all								Very important

A Sense of Accomplishment: a lasting contribution

	1	2	3	4	5	6	7	
Not important at all								Very important

True Friendship: close companionship

	1	2	3	4	5	6	7	
Not important at all								Very important

An Exciting Life: a stimulating, active life

HANDOUT FOR MENTEE **EMPLOYABILITY**
1. Theme “Self-evaluation for my willingness/ motivation to work”
Exercise “Test of job values”

	1	2	3	4	5	6	7	
Not important at all								Very important

A Comfortable Life: a prosperous life

	1	2	3	4	5	6	7	
Not important at all								Very important

Family Security: taking care of loved ones

	1	2	3	4	5	6	7	
Not important at all								Very important

Freedom: independence and free choice

	1	2	3	4	5	6	7	
Not important at all								Very important

Health: physical and mental well-being

	1	2	3	4	5	6	7	
Not important at all								Very important

Social Recognition: respect and admiration

	1	2	3	4	5	6	7	
Not important at all								Very important

HANDOUT FOR MENTEE

EMPLOYABILITY

1. Theme “Self-evaluation for my willingness/ motivation to work”
Exercise “Test of job values”

Task for mentee:

2 step:

When you have finished ranking all 10 values, continue and rank the next 10 values in the same way, but now you should think about how much you expect that these values have to be in your job.

Pleasure: an enjoyable, leisurely life

	1	2	3	4	5	6	7	
Not important at all								Very important

A World at Peace: a world free of war and conflict

	1	2	3	4	5	6	7	
Not important at all								Very important

A Sense of Accomplishment: a lasting contribution

	1	2	3	4	5	6	7	
Not important at all								Very important

True Friendship: close companionship

	1	2	3	4	5	6	7	
Not important at all								Very important

An Exciting Life: a stimulating, active life

	1	2	3	4	5	6	7	
Not important at all								Very important

A Comfortable Life: a prosperous life

HANDOUT FOR MENTEE

EMPLOYABILITY

1. Theme “Self-evaluation for my willingness/ motivation to work”
Exercise “Test of job values”

Not important at all 1 2 3 4 5 6 7 Very important

Family Security: taking care of loved ones

Not important at all 1 2 3 4 5 6 7 Very important

Freedom: independence and free choice

Not important at all 1 2 3 4 5 6 7 Very important

Health: physical and mental well-being

Not important at all 1 2 3 4 5 6 7 Very important

Social Recognition: respect and admiration

Not important at all 1 2 3 4 5 6 7 Very important

HANDOUT FOR MENTEE

EMPLOYABILITY

1. Theme “Self-evaluation for my willingness/ motivation to work”
Exercise “Test of job values”

Results

Now, when you have finished ranking all 10 values on their importance in your life and in the work you search for, please complete the tables below.

Ranked values by importance in your life

No.	Value	Importance in our life
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		

Ranked values by importance in your job

No.	Value	Importance in our job
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		