

Chapter 2

Lesson 2

Values – What Is Value – able To You?

Theme: Values

Lesson Objective:

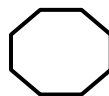
Students will use self talk. Students will show understanding that decisions require clear thinking and consideration of values, goals and consequences. Students will identify personal and work values. Students will give examples of how their values affect how they decide to behave. (See matrix for Arizona Academic/Adult Standards).

Steps to Follow:

“What lies behind us and what lies ahead of us are small matters compared to what lies within us.” -- Ralph Waldo Emerson

Part I - Self Talk

1. **Discuss quotation**
2. **Remind: Step 1 Self Talk.** Define self talk (what your inner voice says to you).
Tell: Going to use that voice to help you make decisions.
3. Tell: Definition of “litany” (recitation, refrain, repeated phrase).
4. Tell: We’re going to learn and use a SELF TALK LITANY that will focus decision making.
5. Tell: This is the first part, “Before your choice, hear your voice.” Ask what’s meant by this sentence. Then expand phrase to “Before your choice, hear your voice, say, ‘Stop and Think.’ “
6. Ask: name a time you wish you’d heard your inner voice say, “Stop and Think,” before you made a decision.
7. Pass out *Step 1 – Self Talk S1*. Tell:
 - 1.) whenever they see this stop sign in the lessons, it means “Stop and Think, “



- 2.) in this curriculum 99.9% of the time, at least a part of the answer to any of the questions, is “Stop and Think.”

8. Continuing to look at *Step 1 Self Talk*, say: Once you tell yourself to “Stop and Think,” what should you think about?

Since every decision shows what you value, leads toward or away from your goals, and has consequences that you and others will have to live, ask yourself:

V – What are my values?

G – What’s my goal?

C/C – Can I live the consequences? Do I want others to live them?

9. Point this out on the worksheet. Have students fill in these 4 questions on the sheet. Tell: Lessons 2, 3, 4, 5 will examine how saying “Stop and Think VGC” can help with decisions.
10. Show *Make a Decision S2* worksheet, point out the top of *Make a Decision* is the same as *Step 1 Self Talk*. Tell: the next lessons will show how to use the *Make A Decision* worksheet.
11. Tell: every lesson will open with a self talk reminder.

Part 2 Identify personal and work values

Steps

1. Define: Values. Values are principles we feel are important. They develop throughout life. We adopt them from people we admire and eventually admire people because of their values. We want to instill our personal values into our children. Our work values help predict the kind of work we may find most satisfying. Life or career decisions made in conflict with our values will almost always make us unhappy.
2. **Consider** quotation: “Every morning I get up and look through the Forbes list of the richest people in America. If I’m not there, I go to work,” Robert Owen. Ask how doing a job that supports your values affects job satisfaction. Complete *Work Values S4* worksheet.

Part 3 Values, behavior, conflict

Steps

1. Have students write “V” on palm of left hand, “B” on palm of right. Put hands together in “praying” position. Keeping hands together, put hands overhead. Say, ‘when values and behavior are together they form ‘integrity’” Define “integrity” aloud.
2. Ask: How do values influence behavior? Use worksheet *Work Values* to complete *Values and Behavior S6* worksheet. If the students struggle with this concept, use Enrichment activities *Scenarios EN2* and *Specific Values EN4* to link values with behavior.

3. Point out: knowing your values can help you reduce, avoid or cope with conflict. Complete *Values Conflict S7* worksheet. Copy personal and work values onto *Values Worksheet S8*.
4. Ask: Why is it important to think carefully about your values? (Ideas could include: reduce conflict, feel more self confident when behavior supports values, feel guilty and defensive when they don't, better to know values before a conflict because during it, it's hard to think clearly, you have to live with your decisions).

Materials:

Step 1 – Self-talk S1
Make a Decision S2
Work Values S4
Values and Behavior S6
Values Conflict S7
Values Worksheet S8

Evaluation:

Rubric

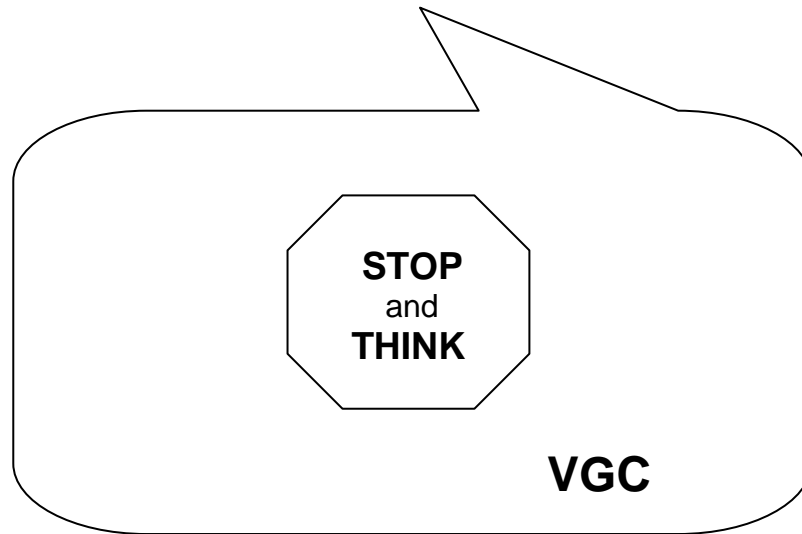
Enrichment:

Scenarios EN2
Specific Values EN4
Why People Work EN5

STEP 1 Self-Talk

S1

Before your **CHOICE**, hear your **VOICE** say



Ask yourself:

V What are my ?

G What are my ?

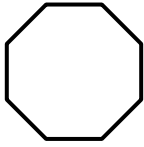
C/C What are my ?

Can I live the ?

Do I want others to live these ?

Make a Decision

S2



- _____ V What are my values?
- _____ G What's my goal?
- _____ C/C What consequences can I live?

Choices

Consequences (good and bad)

Important information:

Missing Information:

Priorities:

DECISION

Work Values

S4

Read the list of work values. Use the scale to rank them. Write your top 7 – 9 values on your *Values Worksheet S8*.

**0 = not important
important**

1 = important

2 = very important

3 = absolutely

- | | |
|---|--|
| _____ work by myself most of the time | _____ supervise other people |
| _____ help people | _____ have good insurance and benefits |
| _____ be important, powerful leader | _____ work with others to get a job done |
| _____ earn a good salary | |
| _____ have adventure, take risks | |
| _____ have secure, steady work | |
| _____ work with nice people, feeling I belong | |
| _____ handle machines | |
| _____ collect information | |
| _____ learn new marketable skills | |
| _____ have interesting work | |
| _____ do challenging, difficult work | |
| _____ do routine work | |
| _____ express myself, be creative | |
| _____ have many tasks to do | |
| _____ do physical work | |
| _____ work regular hours | |
| _____ move ahead quickly | |
| _____ have time freedom, a flexible schedule | |
| _____ achieve recognition | |
| _____ solve problems | |

Values and Behavior

S6

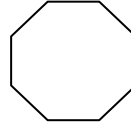
Directions: Make a list of your most important values. Write at least one thing you do (or don't do) that shows the value. Look carefully at the examples before you start.

| Personal or work value | Behavior that shows the value |
|-----------------------------|--|
| Examples: respect | I don't make fun of my friends or call my girlfriend names. I don't force other people to do something they don't want to do. |
| family | I'm faithful to my spouse. I babysit for my sister's children while she's at work. |
| independence | I make my own decisions. I learn how to do things, so I can live on my own. I don't wait for other people to tell me what to do. |
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
| 8. | |
| 9. | |
| 10. | |

1. *If these are my values, how should I behave?*

I say my values are: love for family, freedom, loyalty

Your friends want you to go fishing with them next weekend in Mexico. Your daughter's birthday is next weekend and your wife has planned a family party. What would you do? "Before your choice, hear your voice," say



then, 'what are my values?' Can you think of how to act on all three of your values? Love for family, freedom, loyalty. What if you prioritize your values?

2. *When values and behavior conflict.*

Joe's parents love him. They think education will help him get a good job. They think that a good job will allow him to be independent and make a satisfying life for himself. They want him to go to school every day, get passing grades and earn a diploma.

Joe says he respects his parents, but he thinks school is boring most of the time. He can be a hard worker, but sometimes skips school to hang around with his friends. When he skips, he hopes his parents don't find out.

Parents' values _____

Joe's values _____

What values are the same? _____

What do you think Joe's behavior says about how he prioritizes his values?

If you asked Joe, do you think he'd say he was an honest and dependable person?

Look at both sets of values. Think about other values Joe and his parents may have in common. Can you think of compromises in their behavior that would show their other values more clearly?

3. *When values and behavior conflict.*

George's values: being accepted by his friends, providing well for his family, his job at which he makes a lot of money and has prestige.

George's wife, Lois's values: a sense of accomplishment and caring at her job as a nursing home aid, low stress at home and work, time with their two young children.

George thinks that since Lois is a registered nurse, she's underemployed at the nursing home. He wants her to work at the University hospital where she'd be a supervisor, have more status and make more money.

What other values do you think they might have in common that would help them talk about and not fight about this situation? What if they don't have the same priorities?

Values Worksheet

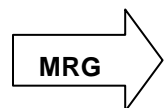
S8

Personal Values

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Work Values

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.



Directions: Look at your lists of your personal and work values. Read the scenarios. Write which of your values you think would influence your decisions. Don't tell what you'd decide – just what values you want to show through your behavior.

1. You're driving home from a party late one night. Several of your closest friends are in the car with you. You start to slow down when you see someone with car trouble waving for you to stop. Your friends begin to laugh and kid around as you notice the person in trouble is someone whom everyone makes fun of at school. Your friends are saying things like, "You're not going to stop for him are you?" You think maybe you should stop. Look at your value sheet. Which of your values would influence your decision? Independence? Acceptance? Popularity? Fairness? Others? Which would be the most important (the priority)?
2. You get a job offer in Alaska on a fishing boat. You've never been fishing or to Alaska. Your girlfriend doesn't want you to go. The yearly salary is \$30,000. Which of your values would influence your decision?
3. You're on IPS. Your friends ask you to go to a party. Which of your values influence your decision?
4. You're considering whether to buy a better car or a computer with your tax refund. Which of your values influence your decision?
5. Although you're working full time, you want to take free Adult Education classes so you can earn a GED.

Further discussion:

How does knowing your values help you make a decision you can live with?

Specific Values

EN4

Usually people can name their values, however, often it's much more difficult to name actions you or others take that show values. Read the situations below. Name at least three values that you think are shown by the behavior.

1. I remember my mother cried with joy and pride when I graduated. She'd started working when she was 14 and had never gotten her High School diploma.
2. Every night when my children go to bed, I tell them they're special and will always be special.
3. Every holiday, my grandma and I cooked traditional food for the family. Now that she is dead, my children and I cook the special foods Grandma loved.
4. One of the things I liked most about my twenties was that I didn't have to answer to anybody.
5. I enjoyed being part of the old neighborhood gang; on Saturday nights, we all go clubbing.
6. So many things to do, so little time.
7. Every Sunday, I plan out exactly what I'll wear every day for the next week.
8. I was angry and disappointed when my boss used my idea and didn't give me credit. I wanted to tell everybody at work what he'd done, but I decided to only tell my husband.
9. As soon as I got my tax refund, I bought a new large screen T. V.
10. When I applied for the new job, I was so nervous about how I'd pay my bills. The employment office just called, I got the job!
11. My best friend was riding in a car. One of our mutual friends was driving the car although he'd had a lot to drink. They got into an accident. My friend will be in a wheelchair for the rest of his life. He's only 23. I don't know what to say to him.
12. The new minister immediately began setting up new/ programs for the teenagers and older members of the church. The whole congregation felt a sense of rebirth. I have never felt so close to the true meaning of life.
13. I know he had enough money to buy the jacket, I don't know why he stole it. He doesn't know I saw him. He's my friend, I'm not going to say anything, but it bothers me.
14. I've been clean and sober for 4 years, 10 months 2 days.
15. When I found out, I was so hurt and frustrated. I told my best friend; she understood. She just said, "It is what it is. Move on."
16. When my 4 year old son holds my hand and tells me, "I love you," it's the best moment of the day.
17. I found a wallet. It had \$70 in it. I called the owner and gave it back. That's what I'd want someone to do if I lost something.

Livelihood

People work to provide themselves and their families with the basics of life, food, clothing and shelter. After these essentials, other needs and wants can be met that create a comfortable lifestyle for the worker.

Human Relationships

People are usually quite social; they seek and enjoy companionship with other people. Working is a means of associating with others. Being part of a group of workers that depends on each other is rewarding. People like a sense of belonging. Often co-workers have common interest, challenges and senses of humor. Some jobs have dealings with the public. Helping others can be satisfying.

Personal Development

Work provides opportunities to expand your knowledge, skills, and experience. A person's self confidence improves as he learns and as he can do more. A self confident person has fun looking for new things to investigate, different ideas to think about and interesting people to get to know.

Job Satisfaction

Work done well is a source of satisfaction and self respect. A person needs to know that he's a capable individual. A job is a perfect setting in which to make decisions, solve problems and accomplish tasks that show your capabilities. A job in which a person feels successful brings rewards beyond just income.

Service

Work that a person does can be useful or beneficial to others. People like to make quality products; provide needed services and, in general, make a contribution to their community. Workers like to feel that the job they do is important and of value to others.

Security

People often look for security in their occupations. They don't want to worry about being unemployed. They value the stability of a regular income and steady work. This predictability allows them to confidently make plans for their future.

Success

Ambitious workers want a job that offers opportunities for advancement. Employers are interested in hiring workers who will successfully meet challenges. When an employee

contributes to the success of a business he can enjoy the satisfaction and pride in a job well done. Often the employer adds to the reward, with a raise or a promotion, for example.

Happiness

An important reason why people work is happiness. Thomas Edison, the famous inventor, was once encouraged by his wife to take a vacation. He responded, "I can't think of anything I would rather do than work in my laboratory." People who choose their occupations wisely have many more good days than bad days on the job.