

PGR Tips on being aware of your values

What will be your next career step? Your doctorate may be a planned step on your chosen career. If you have less of an idea, how do you decide? You are hopefully already aware of your interests, skills set and strengths. Are there any constraints such as location or family factors that you need to take into account? Another aspect to consider are your values.

Values are beliefs and ideas that are important to you and that help to guide your decision making. You have acquired them throughout your life. Some examples of work values are :

- Altruism, helping people or society
- Pursuit of knowledge
- Prestige, recognition
- Responsibility
- Adventure, excitement
- Independence, autonomy
- [Team work](#)
- Challenge, pressure
- Competition
- [Creativity](#)
- Accomplishment, mastery
- Precision and accuracy
- Variety, diversity
- Stability, predictable tasks
- Security
- Power, authority, influence
- Money, wealth
- Integrity, honesty
- Artistic expression, aesthetics
- [Work-life balance](#) for leisure or family responsibilities

And there are many others. This issue of PGR Tips invites you to consider your values.

Think about how your doctorate fitted in with your values

What areas do? Were there areas that didn't? For example if wealth is a driver, your doctorate may have been a means to an end while not delivering on that value.

Explore your values with a careers advisor

Your university is likely to have careers advisors available to you. To explore your values and how they might fit in with different occupations they would not need to be experts in researcher careers.

Distinguish whether values intrinsic or extrinsic

Intrinsic values relate to the actual tasks involved such as 'helping others'. Extrinsic values relate to the by-products, even if they may represent intrinsic values to other people.

Find out more about potential careers

How would they fit with your values. Again, a careers advisor is likely to be invaluable in this. Beware of assumptions, people can be fulfilled in similar careers with very different anchors and there may be more occupations in different sectors than you know of.