



Environment
Agency

**Before
you start**

2AS, 2MS, Year 11 Growing Careers for Positive Change

Home-learning lesson 1: Identifying values and aligning actions

*Adapted for home learning
with kind permission from
the Environment Agency*



Home learning lesson 1: Identifying values and aligning actions



We are learning:

- ✓ About values and how these influence people's actions.



We will be able to:

- ✓ describe different types of values and how these affect people's wellbeing.
- ✓ explain the connection between people's values and their goals.

What do you think?

You overhear the conversation below. To what extent do you agree with each view?

Which do you agree with more and why?

The most important thing is winning awards for what you do, so that people know you're the best at it.

Write down your thoughts on a piece of paper.

You will return to this at the end of the session.

Nah, I don't really care about winning trophies or what other people think. I just do things I enjoy.

What are values?

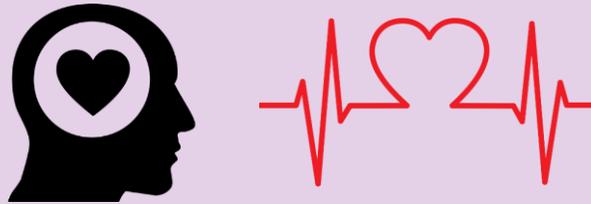
In the overheard conversation on the previous slide, the people talking disagree because they hold different **values**.

A **value** is something that a person, or group of people, believes is important. Values can influence our behaviour and decisions.

Some examples include:



Valuing a feeling of connection to a community, healthy friendships or valuing the environment.



Valuing feeling healthy and having a sense of positive wellbeing, or a feeling of self-acceptance.



Valuing being wealthy, being popular or famous or feeling recognised by winning awards.

Values in daily life

Sort **Resource 1** values cards into the categories below.

You might want to change the colour of each card without printing (for example to blue and orange as below) or you may want to print, cut out and sort the cards.

**Values about supporting
ourselves or others**

Click here to reveal answers

**Values about comparing a
person to others**

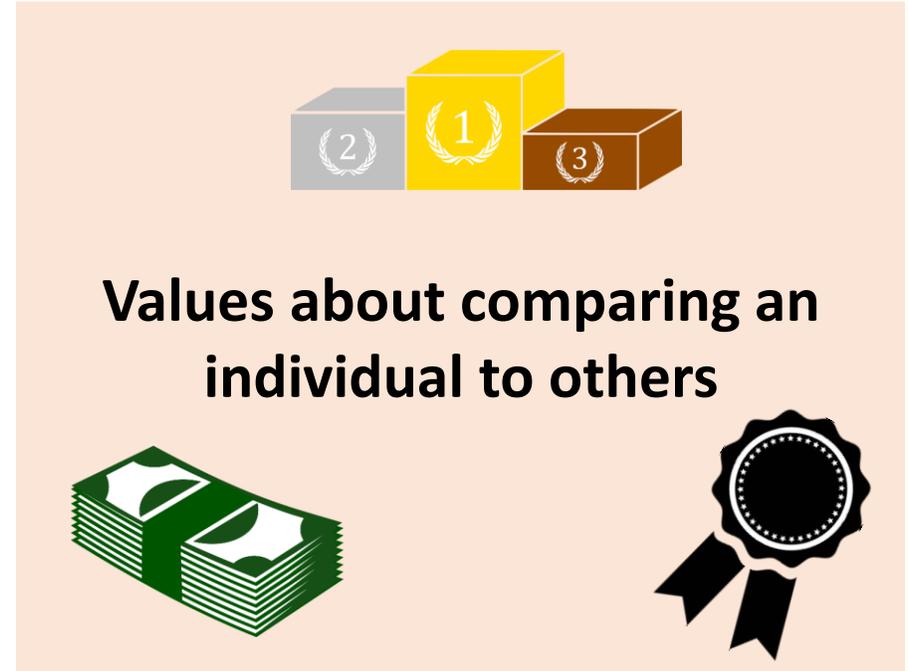
Click here to reveal answers

Values in daily life



These are called **intrinsic values** and they help us to fulfil our needs. For example, connecting with others in a community or healthy relationship, or developing our knowledge and skills.

They support our wellbeing and that of others by helping us to learn and grow, or connect with each other and our wider world.



These are called **extrinsic values** and they only have value when compared to something external, such as how much money someone has or what clothes they wear.

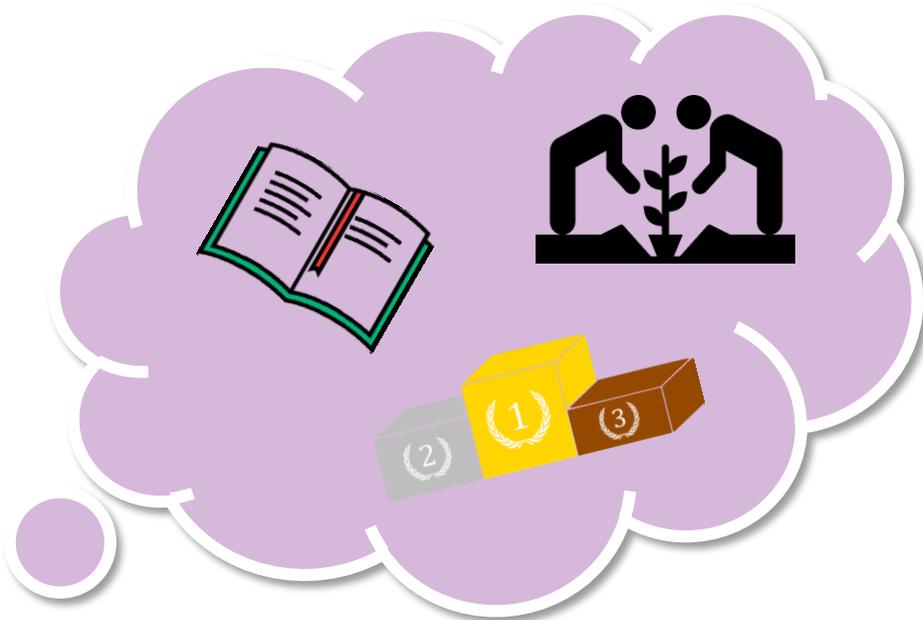
They often involve competition, and while a little competition can be healthy, too much focus on this can be less helpful to our wellbeing and even damage the environment.

Personal values

Different people consider different values to be more or less important.

Choose three values from **Resource 1** value cards that you think would be of high importance to each of the characters on the next slide.

You may want to use the same value card more than once!



Click on each person to learn about them

Billy



Nicola



Eli



Sabina



Personal values

You may have suggested that Billy prioritises protecting the environment or that Sabina prioritises building a sense of community.

If you are able to speak to your classmates, you may find you have different suggestions – there is no one correct answer in this case.

Are there any values that two or more of the characters have in common?

Sometimes people can hold similar values, but can act on these in different ways. They may act on these through their career choice, or through other actions in their daily lives.

Match the value to the action a person might take.

(Then click each box to reveal the answer)

Values

Building a sense of community

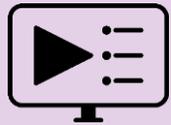
Pursuing knowledge

Protecting the environment

Fostering self-acceptance

Having high social status

Actions



Starting an online course to learn a new skill.



Reducing single-use plastic bought and recycling at home.



Keeping a journal to log personal strengths and challenges.



Checking in on friends on the phone and asking how they are.



Buying new clothes every few weeks to follow the latest trends.

Personal reflection

Looking at the value cards we used earlier, what are your values?

What do you already do to act on these values in your life?

Set yourself one goal or action point that aligns with your values.



What do you think?

Revisit the conversation from earlier.

Have your views changed? If so, how?

If not, why do you still hold the same view?

The most important thing is winning awards for what you do, so that people know you're the best at it.

**Nah, I don't really care about winning trophies or what other people think.
I just do things I enjoy.**

Support

If you have questions or concerns about topics explored here, you can always speak to your parent or carer, or contact a teacher in school for more advice and support.

There are lots of places to get advice about career pathways:



For information, advice and guidance about a wide range of careers and education pathways, visit the national careers service.

nationalcareers.service.gov.uk



For information, advice and guidance about career options should you choose to go to university, visit prospects.

www.prospects.ac.uk