

Values in Action

Workbook

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FOLLOW THESE INSTRUCTIONS

Failure to follow these instructions will result in a notification email requesting resubmission.

Failure to resubmit may result in an alleged policy violation of *Failure to Comply with a Disciplinary Decision*.

1. Download this document, save it as a .doc file and complete it.
2. Submit workbook as an attachment to an email to:

[osarp-educationalprograms@jmu.edu](mailto:osarp-educationalprograms@jmu.edu)

Links to cloud documents will not be accepted

1. Use the subject line: Values Workbook
2. Save your *Values in Action Homework Assignment* as a .doc file.
3. Submit homework as an attachment to an email to:

[osarp-educationalprograms@jmu.edu](mailto:osarp-educationalprograms@jmu.edu)

Links to cloud documents will not be accepted

1. Use the subject line: Values Homework
2. After submitting documents, **ensure you check for an email from “OSARP educational-programs” indicating whether you are required to make revisions and resubmit**. When your submissions have been evaluated as satisfactory, you will receive an email indicating that you have completed the program. It may take a week or longer for emails to be sent.

# Life Boxes

|  |  |
| --- | --- |
| Childhood | High School |
| Future | College |

# Guided Reflection

## Pick two of your boxes that you'd like to share more about and respond to the following prompts:

## What made this experience meaningful to you?

## How did that experience impact your values?

Quadrant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Quadrant: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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# What Do You Value?

## Using the values listed, and adding to the list if you like, rank the values by importance to you.

## Using your own words, write a definition for… (refer to video).

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| --- | --- |
| RANK: | VALUES: |
|  | Accomplishment |
|  | Active Community Member |
|  | Compassionate |
|  | Ethical |
|  | Faith/Spirituality |
|  | Family Oriented |
|  | Financially Stable |
|  | Fun/Enjoyment |
|  | Good Partner |
|  | Happiness |
|  | Honesty |
|  | Independence/Freedom |
|  | Intelligent |
|  | Loyalty |
|  | Physically Healthy |
|  | Power/Influence |
|  | Respect |
|  | Other: |
|  | Other: |
|  | Other: |

# Guided Reflection

## How difficult was it for you… (refer to video)

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## How might you have ranked these differently 5 years ago? And 5 years from now? What sorts of things did/will affect the ranking of your values?

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## When have you experienced a… (refer to video)

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## 

## What made it difficult or easy to come up with your own definitions? Why was this the case for you?

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## Why might personal definitions … (refer to video)

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Why is it important to define your values?

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# Thought Spectrum

## Share your perspective by plotting the number of a statement along a continuum of strongly disagree to strongly agree.

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Strongly Agree

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Agree

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Neutral

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Disagree

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Strongly Disagree

# Guided Reflection

## Please share your reason for where you marked on yourself on the thought spectrum for the 4 statements you are most comfortable talking about. Be sure to reference your values!

## Your reason for statement #\_\_

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| What values influenced your attitude? Explain how. |

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|  |
| --- |
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| --- |
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## 

## Your reason for statement #\_\_

|  |
| --- |
| What values influenced your attitude? Explain how. |

# Active Citizenship

*Example:*

*Community: Omega Beta Zeta Sorority*

*Values: Service, Education, Active Community Member*

*Current Involvement: Coordinate programs, create fundraising events, chair on the March of Dimes committee, and attend community service events.*

*Future Action: Run for* an executive position, suggest more local agencies for service.

Community 1: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| Values |  |
| Current Involvement |  |
| Future actions |  |

Community 2: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| Values |  |
| Current Involvement |  |
| Future actions |  |

Community 3: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| --- | --- |
| Values |  |
| Current Involvement |  |
| Future actions |  |

# Guided Reflection

Think about the values you and other students attributed to JMU versus your own values… (refer to video).

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How might the actions that led you to be in this class have had an impact on others’ perceptions of you, either positively or negatively?

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How important is it that your values always match your actions?​ WHY?

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## Describe a time… (refer to video).

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# The Eight Key Questions

## Fairness

How can I act equitably and balance legitimate interests?

## Outcomes

What achieves the best short- and long-term outcomes for me and all others?

## Responsibilities

What duties and/or obligations apply?

## Character

What action best reflects who I am and the person I want to become?

## Liberty

How does respect for freedom, personal autonomy, or consent apply?

## Empathy

What would I do if I cared deeply about those involved?

## Authority

What do legitimate authorities (e.g. experts, law, my religion/god) expect of me?

## Rights

What rights (e.g. innate, legal, social) apply?

# Ethical Dilemma Scenarios

## Your roommate is interested in dating another student, so they ask you to use your student employee access to get the love interest’s phone number. What do you do? Explain your reasoning.

## Your friend is on academic probation and faces suspension unless they get a B+ for a particular Gen Ed course. They ask to borrow the essay you got an A for in the same class last year, the major assignment for the class, promising that they will “change it” enough to ensure you don’t get in trouble with the Honor Council. What do you do? How did you come to this decision

## You are president of an organization and tasked with counting the votes for the new president. After counting, you see that the more qualified candidate who you think would lead well lost by one vote to the candidate who is well liked but who you believe would not do a good job (even though they are your friend). No one will know if you change the results. What do you do? Explain your reasoning.

## Your housemate calls to say they are locked out of the house and urgently needs to get an assignment from inside that must be turned in soon. While jogging home, you notice an unchained bicycle and realize you could use it to go help your housemate then return it. What do you do? Why?

## Your friend finds out that his little brother is being bullied regularly by his off-campus neighbor. Most recently, the neighbor threw trash and yelled derogatory slurs at the brother. Your friend and his brother are both JMU students, but the neighbor is not. Your friend tells you that he is going to confront the neighbor and fight him. What do you do? Why?

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## You become aware that your roommate is selling some of their Adderall pills to their close friends. When you confronted them about it, they said they need the money to stay in school and would not stop selling. They add that they are simply getting students stuff to help them study better, and they’re not selling much. What is your response? Explain your reasoning

## Your friend finds out that his little brother is being bullied regularly by his off-campus neighbor. Most recently, the neighbor threw trash and yelled derogatory slurs at the brother. Your friend and his brother are both JMU students, but the neighbor is not. Your friend tells you that he is going to confront the neighbor and fight him. What do you do? Why?

Your Response to Ethical Dilemma Scenario #\_\_

Make specific reference to at least 3 Key Questions AND your personal values

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|  |

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# **Values in Action Homework Assignment**

Write about one CURRENT or UPCOMING ethical decision you need to make. These decisions are ones where you need to stop, think through multiple options, and then decide to act in a way that most aligns with a set of values.

Write a 1.5 page, double-spaced paper detailing the decision and the action you are planning to take. To fulfill this requirement, include the following:

1. What is the decision?
2. What possible actions could you take?
3. How would your top three values impact your decision making?
4. How would any three of the eight key questions impact your decision making?
5. Which values or 8KQs, were most helpful in making a decision? Why?
6. How did you decide to act? Please explain your rationale.

SUBMIT YOUR PAPER:

* as a .doc or .pdf file attachment
* to [osarp-educationalprograms@jmu.edu](mailto:osarp-educationalprograms@jmu.edu)
* by the deadline provided in your sanctioning email
* using the subject - “Values Homework”

After submitting documents, **ensure you check for an email from “OSARP educational-programs” indicating whether you are required to make revisions and resubmit.** When your submissions have been evaluated as satisfactory, you will receive an email indicating that you have completed the program. It may take a week or longer for emails to be sent.