

# IDENTIFYING ORGANIZATIONS BY INTERESTS AND VALUES

## Identifying Organizations by Interests and Values is useful for:

- Using your personal interests and values to help you decide on a career path
- Learn about specific organizations, companies, and work environments that embody your personal and professional interests and values
- Gaining insight into specific positions within organizations that match your interests and values

## Directions:

1. Grab a blank piece of paper.
2. Create a list of topics that have piqued your interest in the last year, including academic interests as well as personal interests.
  - a. Be specific (e.g., rather than listing “health” as an interest, specify a domain or topic, such as “cardiac health of women in their 40s and 50s” or “diabetes risk among youth”).
3. Consider the following questions:
  - a. When passing by a magazine rack at a bookstore, what type of magazine do you pick up? Why did you pick that? What articles do you read when skimming through such magazines?
  - b. What have been your most interesting courses? Why? What topics were of particular interest to you?
  - c. What do you do when you are not studying? What hobbies do you have? Have you thought of how your major (or concentration) might relate to your hobby?
4. Compare the interests and values that you generated to those of different industries and organizations that you find by looking at a company or organization’s mission or vision statements and paying attention to special causes that they promote.
  - a. Also check out these sites for an overview of diverse industries and their values:  
<http://guides.library.vcu.edu> and <http://guides.library.vcu.edu/grad610>

## Things to Think About:

- How can you apply your interests and values to your career search?
- Did you find any industries, organizations, or companies that seem to have the same interests and values as you? Were there any themes?
- What

If you would like to talk to someone about this activity or need additional resources, **Career Services** is available to all students! Check out our website to make an appointment or to see upcoming events and workshops: <http://www.careers.vcu.edu>