

## Knowing Your Values By Jalen Taylor

Humanities Center



You are at the time of your life when you feel lost. Where your answer to everything is "I don't know." Where you might think that you have everything figured out, but deep inside you ask yourself "Is this something that I really want to do?" These feelings show that you don't know yourself yet or have confidence in your plan, and that is one hundred percent okay. You are not alone. This is normal for not only other incoming freshmen but adults who still haven't figured out life yet. Take Amaya Jones-Core '25 as an example, a biology major who is sure that biology is the right way to go but she doesn't know the direction she wants to go in with it. She believes that "It is okay to not know what you want to do, that is why you are here so that you can figure life out!" Life is like a code, without one thing the entire code is confusing. And that is how life freshman year is, feeling that missing piece. I believe that the missing piece of life at this moment is identifying our values.

### The Importance of Values

"Your values are the things that you believe are important to you in the way you live and work" ([Mindtools](#)). It takes forever to learn your values because the older we get the more our likes and dislikes change. Finding out your values is also finding your passion. It shows what you like or dislike in terms of work, living environment, people, and most importantly it can help identify your personality if you are struggling with that. But it is important that you try to figure out your values because knowing them leads to a lot of opportunities in college such as job opportunities, major and minors, and also identifying who you are.

### The Reason You Are Here

The most important thing for you at this moment is that you're in college.

There's good and bad news about this. The good news is that you will find your values here and all of the benefits of that discovery. The bad news is that it will be the longest and hardest process for you, but you can do it. I believe that my story here at Loyola offers a perfect example. Even though I am still going through my freshman year, I know that I have gained enough knowledge on this topic through experience. Coming into college, I was one of those who believed that I had life completely figured out. But I was wrong, as soon as I came into college I immediately felt the chaos. There were so many things to do, so many classes I could take, so many majors and minors I had never heard of. I thought to myself, "how could I possibly know that what I'm planning on is the right thing to do if I haven't tried everything?" That feeling caused me to do poorly in the class that I wanted to make a career out of because I felt as if it was no purpose in giving it my all if I was unsure about this path.

Loyola's Alumni Chapel



I think the best advice I could give is to come into college not knowing what you want. This is a great way of trying different paths without feeling guilty. This is also a good way of figuring out your values because you are testing different things out, which would then help you come to the conclusion about your likes and dislikes.

## Using Yourself as a Resource

This process sounds easy but there is a lot more to it. In order to find my values, I had to utilize a lot of resources, one of them being myself. I realized, while being in college, that it is easy to get caught up in a lot of things. And friends were one of them. Fall semester, I spent more time with my friends than figuring out my values. This is normal for a college student. But being too involved in the social life of campus caused me to be further away from my goal. At the beginning of the spring semester, I decided to dedicate a lot of time to myself. This included a lot of writing and planning. I wanted to get back on track with finding my values, so I decided to write some things that would help me get back to my goal. Another piece of advice I would like to offer is to always keep a journal so you can write out your plans. Also, spend time with yourself. Sometimes you can't know who you are if you're always around people.



Fernandez Center & Beatty

## Career Center

I also utilized some school resources as well to help achieve my goal. During my spring semester, I went to the teachers and also the [Career Center](#) for help. The Career Center is a great resource that helps students prepare for the real world. This includes helping with [resumes](#), [internships](#), etc. But most importantly, the Career Center help students figure out their values. I used the Career Center to get help on deciding if my path was the right choice and also deciding what my values are. I took a survey, the Strong Interest Inventory, that the Career Center offered, which helped me find my values or, better yet, identify my true passion. It helped me identify a path that I felt comfortable with and with no second guesses. I also had a list of my values which helped me figure out who I am and my purpose. If you're lost, utilize the school resources, and talk to the teachers. The best thing about college is that there is so much help—you can be set throughout your four years here and beyond. But the resources will not go to you; you have to find them.

Once I figured out my values, I noticed a few benefits that came with it. I noticed I had an easier time searching for internships now that I know what I want to do in life. Also, class became easier for me. Since I figured out my path, I was able to focus more on school. And last, I feel like I know myself more. This is why it is important to figure out your values while here at Loyola—take it from me.



The Career Center in Fernandez