

**Session 7**  
“Values”

**Goals**

- The purpose of this session is to discuss the meaning and importance of values
- To allow students to relate values to career choices

**Materials**

Activity 1  
Activity 2  
Activity 3  
Worksheet 1

**Procedure**

Greet the students. Wait until the students are seated and quiet. Reintroduce yourself to the students if necessary. Briefly describe the goals of today’s lesson.

**Script**

“Good Morning! I hope all of you have had a good week so far. Let’s review quickly what we learned from the last session.” (Mentor will call upon group members to respond.)

“The topic for discussion today is Values. As you well know, each decision we make and action we take is based on our beliefs and values but we are not always aware of this. Our beliefs are our strong opinions that certain things are true, but what are values? Does anyone know?” (Allow students to respond. Acknowledge all responses, and then move on.)

“Values, basically, are things that are important to us. They are not just things we can see and touch but also attitudes and feelings about what goes on in our world. Some things we own are more important to us than others and we value them more. The feelings we have about some issues are stronger than others.”

“What are some things people value?” (Allow students to respond. Use the following list as an example if needed: friendship, clothes, good job, good health, family, etc. Distribute Activity 1 out to the students. Read the directions. Allow time for the students to complete the form. Discuss with the class upon completion).

“Most values are learned from others or through our own experiences. Can you name some people or some things that might influence us?” (Encourage students to give several examples. If they respond, affirm with some praise. If students don’t respond, use the following examples: parents, relatives, friends, TV, movies, books teachers, music, musicians, etc.)

“When we are young, we usually have values similar to our parents. As we get older, our peers and other people important to us may also influence what we value and believe. Values change over time; new ones are added and old ones may be thrown away. Our values determine how we think, feel, and act. It is not enough to say “This is what I believe.” We must show what we believe through our behavior.”

“Decisions you make now about some of these things may affect you for the rest of your life.”

Closing the mentor session:

“Our time is almost up. Who would like to summarize our session today? Are there any questions before we go? I have really enjoyed meeting with each of you. Thank you for allowing me to spend time with you today and I look forward to our next meeting.”

“I should see you again on \_\_\_\_\_ . Have a good day and a good week.”

## Session 7 – Values

### Activity 1: Rank Your Values

Read Worksheet 1. Are there any values of importance to you that aren't listed? List and define them in the space provided below. Choose your top 10 values. List them. Define them in your own words. Then rank them in order of importance to you.

### Activity 2: Hollywood Values

Read Worksheet 1. Name two values you associate with the Hollywood stars and other famous people listed below.

### Activity 3: Your Values and Your Career

Your values should relate to your chosen profession. List 3 Careers you feel you may want in the future. Then indicate how your values are similar to your career choice(s).

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### Activity 4: Virginia Heroes

**Bruce Randall Hornsby** (born November 23, 1954 in Williamsburg, Virginia) is an American singer, pianist, accordion player, and songwriter. Known for the spontaneity and creativity of his live performances, Hornsby draws frequently from classical, jazz, bluegrass, folk, motown, rock, blues, and jam band musical traditions with his songwriting and the seamless improvisations contained within.

Hornsby's recordings have been recognized on a number of occasions with industry awards, including the Best New Artist Grammy for 1986 with Bruce Hornsby and the Range, the Best Bluegrass Recording Grammy in 1989, and the Best Pop Instrumental Grammy in 1993. Hornsby has also achieved recognition for his solo albums and performances, his current live act Bruce Hornsby & the Noise Makers, his bluegrass project with Ricky Skaggs, his jazz act The Bruce Hornsby Trio, and his appearances as a session- and guest-musician. He also collaborated with the Grateful Dead.

Hornsby grew up listening to all types of music He studied music at the University of Richmond, as well as Berklee College of Music and the University of Miami, from which he graduated in 1977.

Hornsby's recording career started with the biggest hit he would ever have, entitled "The Way It Is." It topped the American music charts in 1986. The song was catchy and described aspects of the American Civil Rights movement and institutional racism. The song also hit a nerve with the American public, reflecting dissatisfaction with economic decline in the early-to-mid 1980s. In years to come, the song would be sampled by at least six rap artists, including Tupac Shakur, E-40, and Mase.

[www.wikipedia.com](http://www.wikipedia.com)

### Activity 5: Stress Relief

Vent!

Get it all out! When you keep stressors bottled up, they have a way of getting built up in your mind. Talk to an objective friend who can help you see that things may not really be as bad as they may seem at the moment. Get a group of friends together on a regular basis, just to let off steam. If you need more privacy while venting, there's always the shower or typing out angry thoughts and letters that you will never send. Listening to other people vent can also have a cathartic effect.

### Activity 6: Virginia Trivia

The major cash crop of Virginia is tobacco and many of the people who live there earn their living from the tobacco industry.