

Reflection on Values Sort Activity
A Middle School Student

How do your values influence your work and life here at school? Do your values make your work and life easier or better, or do your values make your work and/or life more difficult?

Values are things that you need to do to complete your goals successfully. For an example one of my major goals at [school] is to work hard in my academics, and after school activities. Working hard will lead the road for me to complete my goal successfully which is to get the best grades that I can possibly get and to do the best I can in sports and other activities such as red key. Having values make it easier for me to reach my goals because the values I have are things I must do. This means that even if I try hard every day of the year except for the last day, then I have not successfully followed through on my responsibility to myself. Without values I would be wondering why I don't get good grades, or why I don't get to start in the soccer game. With my own values, I am able to accomplish what I want to accomplish, and I will always know why I am not doing as well as I hope.

Of course it would be a lot easier for me to slack off in school and sports and not succeed. In the long run, it will extremely benefit me on how hard I have tried. Next year I will be in the high school and if I work hard to follow my values then it will be easier for me to do well in the high school.

It is not good to have values for yourself if you are not going to follow them. What I mean by this is if someone's values are to always work hard and to always be honest, and then they cheat on a quiz, then they have disobeyed their own rules. Not only have they cheated themselves out of succeeding, but they have fooled themselves into thinking that they are good students and members of the [school] community because they did well on one quiz, that they didn't even use their own brain for. I think that if you are a great member of the [school] community then there are values that the [school] community should all have for themselves. These values are the following. Honesty is very important in the [school] community. Being respectful is also very important. And last but not least, being confident and working hard all the time is also very important.

My values that I have set for myself impact my work in school immensely. Not only do they push me to do better, but they are reminders for me at how well I can do. The activity that we completed in class, where we had to put our values into different categories, defined to me what kind of worker and student I am. I now know what I would like to complete successfully at the [school], and I know that I need to work my hardest to have success in life.

Overall, even though life would be easier if I didn't have to work as hard as I do, I know that in the long run my hard work will definitely pay off. It was a great experience for me to be able to find out what my values and accomplishments are for this year and many years to come.