



## Lab 1: Connecting To Your Principles and To UW

### Personal Values

This exercise was pioneered by a U. CO psychology instructor – we use it to get ourselves thinking about our own priorities; it is graded superior/submitted/notsubmitted [That means, we will not evaluate what you say, only if you made a sincere effort to do the exercise.]

**Exercise:** Think about the things that are important to who **you** are. Perhaps you care about being creative; maybe close family relationships matter a lot to you; perhaps you want to make a contribution to society and count that as most important; or maybe you think it is essential to have a great sense of humor; possibly it's most important that you be “green,” that is, environmentally conscious. What matters most to you?

Pick two or three of **your most important values**, and write about *why* they are important to you. What makes them matter to you? Explain how they *define* who you are. You've chosen these as important; should others choose them, too? You have at least twenty minutes, so give it serious thought.

You can write it online (Word Doc) or on paper; if on online, submit it at <https://catalyst.uw.edu/collectit/dropbox/snyder/18834> if on paper, turn it in to your TA.

### Questions About Lightbot 2.0

Wazzup? Need some explanation or help?

### Storing Files on the UW Server

A relevant page to read is:

<http://www.washington.edu/itconnect/web/publishing/publish.html>