



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 grade you on 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. Reflect on what principles you live by. Perhaps you believe it is important to always be honest. Perhaps you care about being creative; 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 are the things that matter most to you?

What To Do: Pick two or three of **your most important values**, and write about *why* they are important to you. What makes them so important to you? Explain how they *define* who you are. You've chosen these as important; should others choose them, too?

You can write it online (Word Doc) or on paper; if on online, submit it at the class Dropbox (<https://catalyst.uw.edu/collectit/dropbox/snyder/33805>); if on paper, turn it in to your TA.

Questions About Lightbot 2.0

Wazzup? Need some explanation or help?