

COURSE: **Value Education**

Programme: MPEd II Year

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Value

- Importance , Worth, Usefulness
- Value denotes the degree of importance of something or action with the aim of determining what action are best to do or what way is best to live.



Value Systems
No person was ever honoured
for what he received.

Honors has been rewarded for
what we gave.

- Calvin Coolidge



Value system

- Definition:

A value system is a set of consistent ethic values (More specifically the personal and cultural values) and measures used for the purpose of ethical or ideological integrity .

Integrity: honesty, truthfulness

- A well defined value system is moral code.



Personal and Communal Values

- A personal value system is held by and applied to one individual only.
- A communal or cultural values system is held by and applied to a community or group or society.



Corporate Value System

- Fred Wenstop has proposed a structure for corporate value systems that consists of two value categories.
 1. Core Values : The attitude and character of an organization.
 2. Protected Values: Protected through rules, standards, and certifications.



Consistency

- As a member of a society, group or community, an individual can hold both a personal value system and communal value system at the same time.
- In this case, the two value systems are extremely consistent provided they bear no contradictions or situational exceptions between them.



Internal consistent

A value system in its own right is internally consistent when

- Its values do not contradict each other
- Its exceptions are
 - Abstract enough to be used in all situations and
 - Consistently applied



Internally inconsistent


A value system is internally inconsistent if

- Its value contradict each other
- Its exceptions are
 - Highly situational and
 - Inconsistently applied .



How to judge our value system?

- Whenever you are doing
- What ever you are doing
- Whenever and with whomever at home or at work alone with someone , if values are in question, ask your self,
- If my father or mother were to see me doing what I am doing right now, would she proud of me ? And say Very Good. Or
- Would he/ she hang heads in shame?
- The clouds will clear rather quilcly and you will get your answers easily.

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- In the same way , if values or in question ask your self, if my children /student were to see me doing what I am doing right now, would I want them to see it or would I be embarrassed? (humiliated)
 - Again you will get your answer easily ?
 - If the two test don't clarify a person's values, then that person is no longer a human being and has no conscience (sense of right and wrong) left.
 - Our value system changes with constant exposure, what is intolerable becomes acceptable and translates in to involvement .



It is priceless character

- People want to be an overnight success at the cost of their conscience and it still does not work because, true values are priceless. The moment the price is set on values, the values lose their value.
- No possible gain can make up for that loss.



Commitment

- When our value system is clear it becomes a lot easier to make decision and commitments. Unconditional commitments says “ My behaviour is predictable in an unpredictable future.”
- Regardless of the uncertainty, commitment says, “ You can count on me”.
- A person who makes a commitment is willing to give a lot for which the regards can be priceless.

Commitment says

1. I am willing to sacrifice because I care.
2. I am person of integrity and you can trust me.
3. I will not let you down in good times and bad times.
4. Despite pain I will be still there.

Commitment is not a legal contract which is enforceable. Its foundation is not a signed piece of paper but character, integrity, empathy.

Commitment does not mean sticking to something when a persons has no choice.

Without the above ingredients, no one would make a serious long lasting commitment to others.

What makes a commitment worth keeping?

- Commitment begins :
- Predictability, personal growth
- Security, strong relationships between individuals and community
- Lasting personal and professional relationships.
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Self Confidence

- Self confidence is the difference between feeling unstoppable and feeling scared (afraid) out of wits (intelligence).
- Your perception of yourself has an enormous impact on how others perceive you.
- Perception is reality.
- The more self confidence you have, the more likely you will succeed.


Factors affecting Self Confidence


1. Recognize your insecurities: Whatever is making you feel unworthy, ashamed or inferior, identify it, give it a name and write it down.

2. Talk about it with friends and loved Ones:

Wear it on your sleeve. Each day you should chip away (Disfigure/ Break-off)at it, Wear it down. Get into the root of the problem: focus on it and understand that you need to resolve each issue before you move on.

3. Remember that no one is perfect: Even the most confident people have insecurities. At some point in any of our live, we may feel we lack something. That is reality. Learn that is life is full of bumps down the road.

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- **4. Develop good self esteem:** Be true and honest to your self. You will never be confident in yourself if you don't accept yourself.
 - **5. Stop Worrying:** What worries you today, will be forgotten by you and people around you tomorrow. Can you remember what were so worried about the same day and same time last week. If not, then you should not worry right now.
 - **6. Be Yourself:** You cannot be shadow of any man . You are an individual person, you must live by yourself.

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- **7. Overcome Fear:** Fear is a kind of emotions feelings that will have great impact against our self confidence. We must try out best for not letting our fear be obstacle for success.
 - **8. Avoid Perfectionism:** Perfectionism paralyses you and keeps you from accomplishing your goals.
 - **9. Positive Thinking:** It is important that you take a oath every morning that you will do wonders today. Never think negative about yourself. Even if you don't feel positive avoid self pity or the pity and sympathy of others. Never allow others to make you feel inferior instead speak positively about yourself about your future and about your progress. Don't be afraid to project your strengths and qualities to others. By doing so, you reinforce those ideas in your mind and encourage your growth in a positive direction.