History and Values of The College of New Jersey are present in the seal of the institution. Complete each statement below with characteristics and actions to create your own “Values Shield” reflecting what is most important to you.

I define myself as...

I aspire to be...

I want others see me as...

I will contribute to the TCNJ community by...
1. Describe an experience or person that has influenced your values. Please identify the value(s) and specify how it was created or changed.

2. What are 2-3 obstacles or challenges to reaching your goals? What are some ways you can overcome them?

3. How will your values and goals guide you in future decision-making?