

## TRINITY ISE 2 – SPEAKING PART 3 - PERSONAL VALUES AND IDEALS

### 1) Apart from their parents, where do people acquire their personal values?

**From my point of view**, everything around us influences our values. Teachers at school represent **role models** for their pupils, for example. And the media is **bombarding** us all the time with **subliminal** messages and trying to **impose new trends** about the way we eat, dress and generally, about the way we spend our money. The economy of the family may also influence people's values **to some extent**.

### 2) What personal values have you learnt from your grandparents?

Well, this is quite an **emotive** question. When I think of my **childhood** when my grandparents were alive, I can remember them working most of the time. They also **used to** talk about the need of spending money **wisely; this is**, only on necessary things. So I guess they **instilled** in me the value of hard work, responsibility and, of course, respect to everyone.

### 3) Which personal values do you think are typically Spanish?

**From my point of view**, one of the aspects that **distinguishes** us from other people is the fact that we are usually very **outgoing**, sociable and talkative. Maybe this is **due to** the nice weather we have, spending a lot of our **spare time** outdoors, we could say that one of the Spanish customs is going for a beer with friends and eating out at the weekend.

### 4) Which are the most universal ideals?

**To my mind**, I believe that the most **widespread** ideals in our modern society are hard work, discipline and productivity, all of them **closely related to consumerism**, since they will determine the amount of money you earn, I mean, we live in an era where having a good house, **fancy**

objects, a good car and money to do what you want are usually what **the vast majority** of people are looking for.

**5) Have your friends influenced your personal values?**

Well, this is a **funny** question for me, because one of my friends is always **telling lies**, not important ones, but they are still lies. And he has been doing that since we were children. I **hated** that, so this made me want to be the opposite, **thus** sincerity is one of my **core values**. On the other hand, I also have to admit that my friend has a lot of positive qualities like loyalty and **selflessness**, two qualities that I really **admire** and also try to represent.

**6) What can make people change their personal values?**

**As far as I'm concerned**, people can change their values when they **experience** something **shocking** or live a **life-threatening** event, like an accident or severe illness. I mean, we have all seen people change their **way of life** after one of these cases, they start paying more attention to their loved ones, and give less importance to physical possessions and money, **instead** they try to have fun everyday and enjoy life.

**7) If you were a primary school teacher, what values would you try to teach?**

Well, I am **actually** a primary school teacher, and I am **aware** of the fact that I represent a role model for my pupils, so I try to represent **tolerance** and respect to everyone, besides this, responsibility, friendship and optimism are **virtues** that I consider essential to be an integral and happy person. Fun is something I also try to transmit, although I'm not sure this can be considered as a value, I think it's key to enjoy everything you do, showing passion and **enthusiasm**.

8) **What personal values do you admire in your best friend?**

QUESTION 5: LOYALTY, SELFLESSNESS.

9) **Do personal values change as people get older?**

10) **Which are the most important values in your family?**

QUESTION 2.

The most important value in my family is respect, since we consider it as the **fundamental pillar** to relate to others. **Besides this**, we have other important values like sincerity, modesty, hard work, responsibility and, maybe one of the most important values, optimism, we **always prefer to look on the bright side**.

11) **Does nationality affect personal values?**

I believe that it does **to a certain extent**, I mean, the culture and traditions of every country transmit values with them. **Nevertheless**, as far as I'm concerned the most important aspect to have good personal values is the education received by your parents, and this doesn't depend on your nationality, apart from that, the values and ideals received at school are also of vital importance.

12) **What's the relationship between religion and personal values?**

I believe that religion brings the majority of values we have and depending on the religion we follow, we will feel more identified with some values than with others. So I consider that religion marks to some extent the values of each of us. Although it might not be so decisive in the west, where the vast majority of people **are not as religious as** people living in eastern countries.

Personal Values Checklist		
<ul style="list-style-type: none"> <li>▪ Achievement</li> <li>▪ Advancement and promotion</li> <li>▪ Adventure</li> <li>▪ Arts</li> <li>▪ Autonomy</li> <li>▪ Challenge</li> <li>▪ Change and variety</li> <li>▪ Community</li> <li>▪ Compassion</li> <li>▪ Competence</li> <li>▪ Competition</li> <li>▪ Cooperation</li> <li>▪ Creativity</li> <li>▪ Decisiveness</li> <li>▪ Democracy</li> <li>▪ Economic security</li> <li>▪ Environmental stewardship</li> <li>▪ Effectiveness</li> <li>▪ Efficiency</li> <li>▪ Ethical living</li> <li>▪ Excellence</li> <li>▪ Expertise</li> <li>▪ Fame</li> <li>▪ Fast living</li> </ul>	<ul style="list-style-type: none"> <li>▪ Fast-paced work</li> <li>▪ Financial gain</li> <li>▪ Freedom</li> <li>▪ Friendships</li> <li>▪ Having a family</li> <li>▪ Health</li> <li>▪ Helping other people</li> <li>▪ Honesty</li> <li>▪ Independence</li> <li>▪ Influencing others</li> <li>▪ Inner harmony</li> <li>▪ Integrity</li> <li>▪ Intellectual status</li> <li>▪ Leadership</li> <li>▪ Location</li> <li>▪ Love</li> <li>▪ Loyalty</li> <li>▪ Meaningful work</li> <li>▪ Money</li> <li>▪ Nature</li> <li>▪ Openness and honesty</li> <li>▪ Order (tranquility/stability)</li> <li>▪ Peace</li> <li>▪ Personal development/learning</li> </ul>	<ul style="list-style-type: none"> <li>▪ Pleasure</li> <li>▪ Power and authority</li> <li>▪ Privacy</li> <li>▪ Public service</li> <li>▪ Recognition</li> <li>▪ Relationships</li> <li>▪ Religion</li> <li>▪ Reputation</li> <li>▪ Security</li> <li>▪ Self-respect</li> <li>▪ Serenity</li> <li>▪ Sophistication</li> <li>▪ Spirituality</li> <li>▪ Stability</li> <li>▪ Status</li> <li>▪ Time away from work</li> <li>▪ Trust</li> <li>▪ Truth</li> <li>▪ Volunteering</li> <li>▪ Wealth</li> <li>▪ Wisdom</li> <li>▪ Work quality</li> <li>▪ Work under pressure</li> <li>▪ Other: _____</li> </ul>