

Personal value reflection

1. Definition of Values

Values are an individual's evaluation and perspective on the importance of things. They have a significant impact on one's lifestyle, influencing a person's stance, behaviour, and decisions. When faced with choices that are mutually exclusive, our value orientation becomes apparent.

2. Students' values may be influenced by the following factors:

Family - elders, parents, siblings

School - teachers, school ethos, teaching methods

Peers - classmates, friends, neighbours

Mass media - newspapers, magazines, movies, television, radio, comics, internet

Commercial tactics - brand effects, promoting thin is beautiful, acceptance by friends, the definition of confidence, happiness and success, etc.

Social culture - trend culture, national or ethnic characteristics

Religious beliefs - Catholicism, Christianity, Buddhism

Personal experiences - major changes during growth

Gender roles - male, female

3. The content of television and movies can prompt us to learn by exposure, and in a relaxed situation, we are more likely to accept the messages without thinking, such as the reactions of characters in television or movies when facing conflicts, which may involve disrespecting others or venting emotions through intense actions. These habitual receptions can unconsciously affect the formation of our values, leading us to imitate or accept their behaviour or stance.

4. Values are constantly developing and being established, they change as individuals grow and as the people or environment around them change. We can enhance our understanding of different values through self-reflection, analysing our views and choices regarding the things around us, and paying more attention to others' thoughts on various matters.

5. When making judgements, we are influenced not only by our personal value orientation but also by environmental factors and our psychological state at the time. Therefore, students should pay attention when facing important choices and challenges in daily life. We need to consider the consequences of a situation, analyse carefully before making decisions, and be aware of the following principles: not harming others, not harming oneself, not causing destruction, and whether personal actions will bring positive results for oneself, others, or the society.