

Job Explorer: My Dream Job-Lesson 2

Topic: Personal Interests and Careers

Objectives:

Students will be able to:

- Identify their personal interests
- Discuss the role one's personal interests play in finding a job
- Examine circumstances under which someone should consider taking a job in which they had little or no interest.

Materials:

- Worksheets 2A, 2B, and 2C.

Focus Question: What role do personal interests play in finding a job?

Teaching Strategies:

Introduction:

- Distribute Worksheet 2A, "Understanding Yourself." Have the students follow the directions on the worksheet. Then, have them explain their answers to the following:
 - Using your own words, summarize the quotation on this handout?
 - What does the writer mean by saying: "Understanding yourself is the first step in identifying a good fit for satisfying career?"
 - To what extent do you agree or disagree with this quotation?

Body of the lesson:

Tell the class that today they will be discussing the roles one's personal interests play in finding a career.

- Distribute Worksheet # 2B, "Interest Survey." Have students follow the directions for the exercise on the worksheet. Then, have them explain their answers to the following:
 - What are some of your greatest interests that were identified in this survey?
 - What did you learn from this survey about your interests that you did not know before?
 - How can learning about your interests help you in the search for a job?
 - How important to you is finding a job that meets your interests? Is salary or, a good boss, just as/less/more important than finding work that meets your interests?
- Distribute Worksheet #2C, "Reading." Have students follow the directions to complete the exercises on this worksheet. Then, have them explain their answers to the following:
 - What is this reading about?
 - What title would you give to this reading?
 - What arguments are made in this reading about the importance of following one's interest in looking for a job? Do you agree with these arguments?
 - It is possible to develop an interest in career that you were not interested in at first?

Summary/Assessment:

- Under what conditions would you consider working in a job that did not interest you?

Exercise: Look at the list below and circle the five things that you most like to do. Then follow the directions below.

<ol style="list-style-type: none"> 1. Learn how things grow and stay alive 2. Make the best use of the earth's natural resources 3. Hunt and/or fish 4. Protect the environment 5. Be outdoors in all kinds of weather 6. Plan, budget, and keep records 7. Operate machines and keep them in good repair 8. Read and follow blueprints and/or instructions 9. Work with my hands 10. Perform work that requires precise results 11. Solve technical problems 12. Visit and learn from beautiful, historic, or interesting buildings 13. Follow logical, step-by-step procedures 14. Use my imagination to communicate new information to others 15. Perform in front of others 16. Read and write 17. Play a musical instrument 18. Perform creative, artistic activities 19. Use video and recording technology 20. Design brochures and posters 21. Work with numbers and detailed information 22. Be the leader in a group 23. Make business contact with people 24. Work with computer programs 25. Create reports and communicate ideas 26. Plan my work and follow instructions without close supervision 27. Communicate with different types of people 28. Help others with their homework or to learn new things 29. Direct and plan activities for others 30. Handle several responsibilities at once 31. Help people overcome their challenges 32. Work with numbers 33. Work to meet a deadline 34. Make predictions based on existing facts 35. Analyze financial information and interpret it to others 36. Handle money with accuracy and reliability 37. Take pride in the way I dress and look 38. Be involved in politics 39. Negotiate, defend, and debate ideas and topics 40. Plan activities and work cooperatively with others 41. Analyze information and interpret it to others 42. Travel and see things that are new to me 43. Work under pressure 44. Help sick people and animals 45. Participate in health and science classes 46. Respond quickly and calmly in emergencies 	<ol style="list-style-type: none"> 47. Work as a member of a team 48. Work with all ages and types of people 49. Organize activities in which other people enjoy themselves 50. Have a flexible schedule 51. Communicate easily, tactfully, and courteously 52. Learn about other cultures 53. Care about people, their needs, and their problems 54. Participate in community services and/or volunteering 55. Listen to other people's viewpoints 56. Think of new ways to do things 57. Make friends with different kinds of people 58. Work with computers 59. Reason clearly and logically to solve complex problems 60. Use machines, techniques, and processes 61. Read technical materials and diagrams and solve technical problems 62. Play video games and figure out how they work 63. Concentrate for long periods without being distracted 64. Work under pressure or in the face of danger 65. Make decisions based on my own observations 66. Interact with other people 67. Be in positions of authority 68. Respect rules and regulations 69. Debate and win arguments 70. Observe and analyze people's behavior 71. Work with my hands and learn that way 72. Put things together 73. Apply math to work out solutions 74. Use hand and power tools and operate equipment/machinery 75. Visualize objects in three dimensions from flat drawings 76. Shop and go to the mall 77. Be in charge 78. Make displays and promote ideas 79. Give presentations and enjoy public speaking 80. Persuade people to buy products or to participate in activities 81. Communicate my ideas to other people 82. Take advantage of opportunities to make extra money 83. Interpret formulas 84. Work in a laboratory 85. Figure out how things work and investigate new things 86. Explore new technology 87. Experiment to find the best way to do something 88. Pay attention to details and help things be precise 89. Travel 90. Solve mechanical problems 91. Drive or ride
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Adapted from: <http://checkoutcollege.com/explorecareers/interestsurvey.aspx>

Directions: Complete the sentence below.

I learned the following about my interests from taking this survey: _____

Worksheet 2C, "Reading"



Exercise: Read the worksheet below, make up a title for this worksheet, and write next to word “title.”

Title: _____

Pursuing a career that interests you is important because, unless you care about your career, it will be difficult to make and sustain the effort required and it will affect your own well-being. Although parents and others may pressurize you to enter a particular career, you should not bow to their pressure and pursue a career in which you have no interest. There are many reasons why and here are some of them.

If you have no interest in your career, it is difficult to sustain the necessary effort to ensure your success in the field. You may have to study subjects that you do not enjoy for many years to qualify for the career. You will then have to spend forty odd years doing something in which you have little, or no, interest. When you feel that what you are doing is pointless, and has no joy in it, it is difficult to have the enthusiasm to do it properly. Employers like enthusiastic employees. Your lack of enthusiasm and lack of productivity will be apparent and others will get promotions and you will not, you could even lose your job.

If you force yourself, against your natural inclination, into a career, it will cause you years of unhappiness and may sour your character. Square pegs do not fit into round holes. This unhappiness, and the feeling that your work is pointless, can grow into the idea that you are pointless. Many middle-aged people bitterly regret their original career choice. This bitterness can cause stress, mental and physical health problems. Your happiness and well-being are crucially important.

If you are on the wrong career path, it will affect your character, nature, relationships and personal growth. When you are miserably stuck in a career, that you do not enjoy, it is supremely hard to summon the necessary enthusiasm to change and grow.

Interest in your career is what gives you the drive, and the ambition to succeed in that career. When you are not interested in your career, you do not have the interest to reach the top of your profession. You may never be more than mediocre. Whereas, if you choose a career in which you are interested, you will have the interest, passion, confidence, talent, and aptitude, for your subject to pursue the excellence that will get you to the top of your profession.

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<http://www.helium.com/items/1960661-why-it-is-important-to-pursue-a-career-that-interests-you>

