

YOU AND WORK

WEST BRANCH CAREER BASED INTERVENTION



WHAT YOU WILL LEARN IN THIS UNIT

**Choosing the right career
is one of the most
important decisions you
will ever make!**



WHAT IS WORK?



WORK IS ANY ACTIVITY THAT IS USEFUL



WHAT KIND OF WORK IS RIGHT FOR ME?



IDENTIFY YOUR SKILLS AND INTERESTS

WHAT ARE INTERESTS?

- **INTERESTS** ARE SUBJECTS OR ACTIVITIES THAT YOU LIKE.
- THEY COULD BE MUSIC, SPORTS, OR COMPUTERS.



WHAT ARE SKILLS?

- **SKILLS** ARE WHAT YOU CAN DO.
- SOME SKILLS YOU MAY HAVE ARE DRIVE A CAR, MAKE CHANGE, CARE FOR AN ANIMAL.



WHAT ARE TRANSFERABLE SKILLS?

- **TRANSFERABLE SKILLS** ARE SKILLS YOU CAN USE IN MANY DIFFERENT SITUATIONS AND ACTIVITIES.
- SOME EXAMPLES ARE WRITING, GETTING ALONG WITH PEOPLE, ORGANIZING, AND MAKING GOOD DECISIONS.



LETS REVIEW

- **WHAT IS WORK?**
- **WHAT ARE INTERESTS?**
- **WHAT ARE SKILLS?**
- **WHAT ARE TRANSFERABLE SKILLS?**

Any activity that is useful

Subjects or activities that you like

What you can do

Skills that you can use in many different situations and activities

ACTIVITY #1



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WHAT WILL YOU LEARN TODAY?

THE FOUR REASONS WHY PEOPLE WORK.

**THE DIFFERENCE BETWEEN JOBS, OCCUPATIONS,
AND CAREERS.**

EXPLAIN HOW WORK LIFE AFFECTS LIFESTYLE.

LETS REVIEW

WHAT IS WORK?

ANY ACTIVITY THAT IS USEFUL.
SUBJECTS OR ACTIVITIES THAT
YOU LIKE.

WHAT ARE INTERESTS?

WHAT YOU CAN DO.

WHAT ARE SKILLS?

SKILLS THAT YOU CAN USE IN
MANY DIFFERENT SITUATIONS
AND ACTIVITIES.

WHAT ARE TRANSFERABLE
SKILLS?

JOBS, OCCUPATIONS, AND CAREERS

WHAT IS A JOB?

**A JOB IS WORK THAT
YOU DO FOR MONEY.**



WHAT IS AN OCCUPATION?

AN **OCCUPATION** IS THE TYPE OF WORK
YOU DO FOR A LIVING.

WHAT IS A CAREER?

A CAREER IS A SERIES OF RELATED JOBS OR OCCUPATIONS THROUGHOUT YOUR WORKING LIFETIME.

EXAMPLE



Job



Occupation



Career

WHAT IS LIFESTYLE?

**LIFESTYLE IS THE WAY YOU USE YOUR TIME,
ENERGY, AND YOUR MONEY.**

REVIEW

WHAT IS A JOB?

WORK THAT YOU DO FOR MONEY.

WHAT IS AN OCCUPATION?

THE TYPE OF WORK YOU DO FOR A LIVING.

WHAT IS A CAREER?

A SERIES OF RELATED JOBS OR OCCUPATIONS THROUGHOUT YOUR WORKING LIFETIME.

WHAT IS LIFESTYLE?

THE WAY YOU USE YOUR TIME, ENERGY, MONEY.

ACTIVITY #2

