

# Looking At Your Life

What would a picture of your life look like? Think about these areas of your life: family, leisure, learning and work. On a separate piece of paper, describe yourself according to them. Some questions to consider:

How do you define family?

What do you do that involves family?

How do you define education?

When and where do you learn?

How and why do you learn?

How do you define leisure?

How do you spend your leisure time?

How do you define work?

What do you do when you are working?

Now, write a statement that describes you — including your family, learning, leisure and work lives



## Employment Terms

What do we mean when we talk about jobs, work, occupations and careers?  
How are they different?

**Job** ~ A job is a specific duty or responsibility you perform on a regular basis, which can be paid or unpaid. It also refers to position status within an organisation. He got a job as a manager in a show shop.

**Work** ~ Work is a conscious effort to produce socially-acceptable benefits for yourself and others. It represents the human need to do, to achieve, to be someone and to know it makes a difference that you exist. He spent the afternoon working in the garden.

**For many career development experts, the concept of “work” is the one that defines who and what we are.**

**Occupation** ~ An occupation is the work that makes up most of your time and is typically identified by job title. She is a school teacher

**Career** ~ A career is the totality of your life’s work, including family, learning and leisure. She has three children, is a competitive swimmer, reads mystery novels and has worked in finance for 20 years



Based on the definitions above, what is your current view of work?