



CAREER DEVELOPMENT 2201

WHAT IS A CAREER?

- A **CAREER** is the sum total of your life experiences.
- The integration (or mixing) of work into an individual's life.
- Every person has a career that is unique to them.
- “Think of a career as a journey that includes **ALL** the events in your life.”



- **Copy down the Diagram from pg. 15 into your notes.**
- Page 16, question #1. Discuss.



COMPARE A JOB TO A CAREER.

- A **JOB** is “a specific set of duties performed for a specific employer in a specific location for a specific rate of pay.”
- Clearly, a person will work many different jobs during their career.



WHAT IS CAREER DEVELOPMENT?

- A lifelong process that enables individuals to integrate (or mix) personal characteristics, family, school, work, and community learning experiences in an effort to ensure they make good work and lifestyle choices.
- The process has no beginning and no end.
- Begins before adolescence and continues after retirement.



- Career development is **NOT** a “recipe” to be followed.
- It is influenced by people, places, experiences, and self-concept.
- It is a process that evolves as individuals change, mature and progress through life.
- It is about making a life, not living.
- It is about taking a proactive approach to living – making many **GOOD** decisions.



QUESTIONS TO DO:

- Page 17, “Interview with Jerry Evans”: Q 1 and 2.
- Consider page 234, “What is Reflection?”
- BLM #6: “Activities that Impacted my Career.”





THE HIGH FIVE:

The High Five is a list of principles that sums the career development process:

1. CHANGE IS CONSTANT:

- The future is not what it used to be.
- We need to spot and create opportunities.
- We need to manage risk and we need to adapt.
- We are constantly changing.
- Our world is constantly changing.
- Say goodbye to the old idea that you must pick an occupation and stick to it.
- Adaptability is an important skill.



2. FOLLOW YOUR HEART:

- Find out what you want.
- Go after what is really important to you.
- Let your dreams shape your goals.



3. FOCUS ON THE JOURNEY:

- Life is not a destination.
- Getting there is actually more than half the fun - which is perfect, because as you evolve, the place you were expecting to be may not be as enticing any more.
- You may decide you would rather go in a different direction.



4. KEEP LEARNING:

- You don't stop growing just because you are not getting any taller, you don't stop learning after you leave school.
- There are opportunities all around you.



5. ACCESS YOUR ALLIES:

- There are people out here in your family, community, school whom you respect and trust.
- They can't dance the dance for you but they can help you figure out how to do it for yourself.



JOURNAL #3

- Define “**Career Development**” in your own words.

- Focusing on these questions should be helpful:
 1. What do I want from my life?

 2. What do I have to offer the world?

 3. How am I going to connect who I am with what I will do?



CAREER DEVELOPMENT COMPONENTS:



1. PERSONAL MANAGEMENT:

- **SELF AWARENESS:** need to have an understanding of your interests, values, skills, abilities and aptitudes
- Life roles/relationships - i.e worker, parent, sibling, spouse
- Life changes and growth (i.e in the workplace)



2. CAREER EXPLORATION:

- **Global influences** - political, economic, environmental, demographic, technological. Influences need to be considered.
- Example: Elderly population is growing rapidly (baby boomers). **What are the implications for future careers?** (optometrists, recreational careers such as fitness trainers, golf, health care - nurses, respite workers)



- **Employability skills** : the core competencies required in all work settings.
- Lifelong learning.
- Financial management.



3. CAREER PREPARATION:

- Decision making/problem solving.
- Goal setting.
- Life experiences (work/leisure).



ADAPTING TO CHANGE:

- Change is a part of life.
- Career development is lifelong and involves change.
- Therefore we must accept it.



TYPICAL CHANGES:



1. PERSONAL DEVELOPMENT:

- Social (family, friends, co-workers etc.)
- Educational/intellectual
- Emotional/psychological
- Spiritual
- Physical



EXTERNAL FACTORS CAUSING CHANGE:

- Demographics.
- Politics.
- Technology.
- Economy
- Globalization.
- Changing workplace.



JOURNAL #4:

- **Describe your fantasy future. What would you like your life to be like twenty years from now?**
- **Discuss your:**
- occupation
- lifestyle (where you'll live, what type of car you'll drive, leisure activities etc.)
- life roles (parent, volunteer, worker etc.)
- personal characteristics (hard worker, punctual etc)
- decisions made which would have helped you get this life (i.e going to college)

