



3-2-1 ACTIVITY

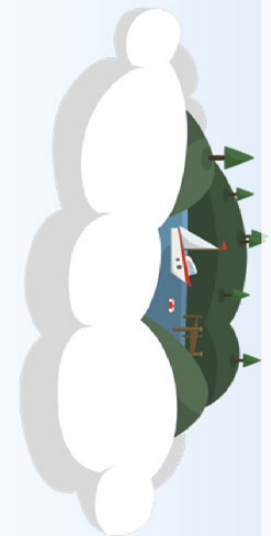


GET A
LIFE

1. What are three ways that postsecondary education can change your life?

2. What are two questions you still have?

3. What is one career you found interesting and want to learn more about?





3-2-1 CIVIC SHEET



1. What are three ways that a person can contribute to their community?

2. What are two jobs that directly help their communities and how?

3. What is one way that postsecondary education can make you a better community member?



GOALS WORKSHEET



1. Five things you can do in the next 5 years

2. Four things you can do in the next 4 months

3. Three things you can do in the next 3 weeks

4. Two things you can do in the next 2 days

5. One thing you can do in the next hour



I USED TO THINK...

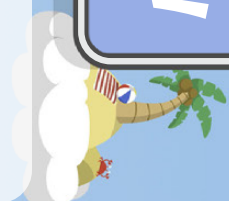
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BUT NOW I KNOW

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KWLH GRAPHIC ORGANIZER

WHAT I KNOW

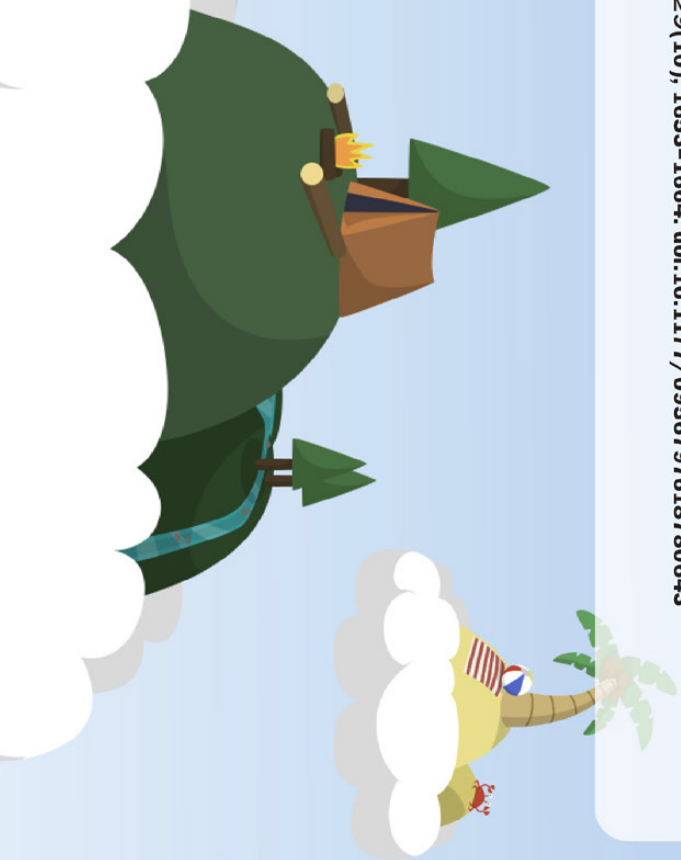
WHAT I WANT TO KNOW

HOW WILL I FIND THAT INFORMATION

WHAT I LEARNED IN THE LESSON

REFERENCES

- Duda, R. (2016). Our research into job satisfaction [Web]. Retrieved from <https://80000hours.org/articles/job-satisfaction-research/>
- Fullagar, C., Knight, P., & Sovern, H. (2013). Challenge/skill balance, flow, and performance anxiety. *Applied Psychology, 62*(2), 236-259. doi:10.1111/j.1464-0597.2012.00494.x
- Heller, D., Watson, D., & Ilies, R. (2004). The role of person versus situation in life satisfaction: A critical examination. *Psychological Bulletin, 130*(4), 574-600. doi:10.1111/apps.12158
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- Judge, T. A., Piccolo, R. F., Podsakoff, N. P., Shaw, J. C., & Rich, B. L. (2010). The relationship between pay and job satisfaction: A meta-analysis of the literature. *Journal of Vocational Behavior, 77*(2), 157-167. doi:10.1016/j.jvb.2010.04.002
- O'Keefe, P. A., Dweck, C. S., & Walton, G. M. (2018). Implicit theories of interest: Finding your passion or developing it? *Psychological Science, 29*(10), 1653-1664. doi:10.1177/0956797618780643



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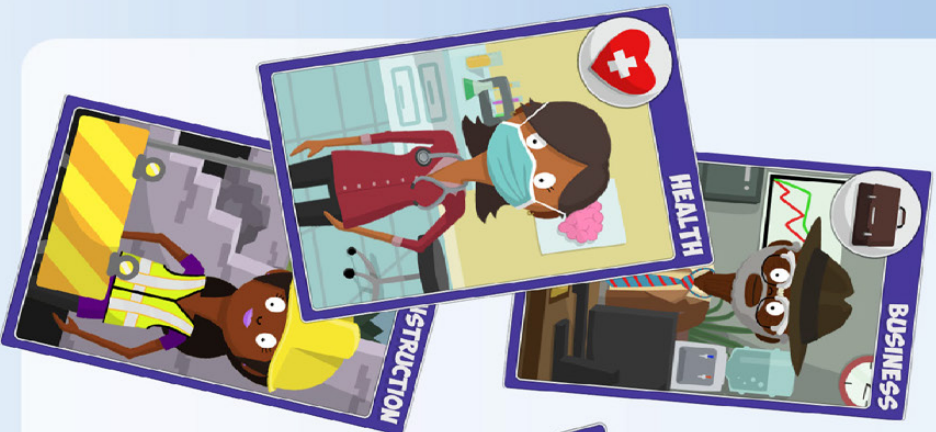


HOW TO GET A JOB YOU LOVE (WHAT THE RESEARCH TELLS US)

LIFE AT WORK

“What do you do?” Chances are, you’ll be asked this question a lot.

Adults spend about a third of their lives at work, so how happy they are at work affects how happy they are when they are not at work (Heller, Watson, & Ilies, 2004). We all want to have happy lives, so part of planning for a bright future should be planning for a satisfying career.



LOVING YOUR JOB

But what makes a job satisfying? Is it how much money you make? Are easier jobs more satisfying? If you enjoy the work, will you be happier? Research finds that a job’s salary doesn’t affect job satisfaction and happiness very much (Judge, Piccolo, Podsakoff, Shaw, & Rich, 2010). And, it turns out that more difficult jobs—as long as they aren’t too stressful—are actually more satisfying (Fullager, Knight, & Sovem, 2013). This is because challenging jobs are more interesting.

You may have heard the saying, “follow your passion,” meaning that you should do what you have fun doing. It isn’t that simple, though. People’s interests change. It’s better to grow and develop strengths over time and focus on discovering your interests instead of following your current passion (O’Keefe, Dweck, & Walton, 2013). After all, are you interested in the same things now that you were a few years ago?

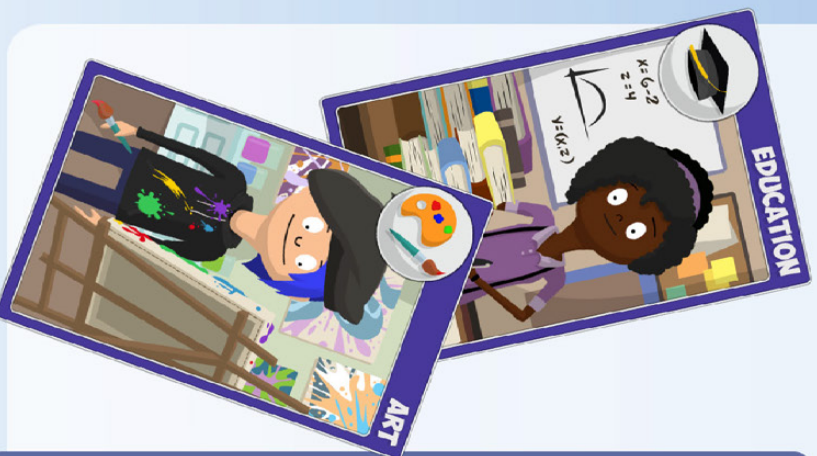


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JOB FIT

One group of researchers talked with almost 10,000 people and found that the one thing that mattered most to their job satisfaction was “job fit” (Ilies, Yao, Cursen, & Liang, 2018). This means that if someone believes that their skills, abilities, and education fit the job they’re doing, they’ll feel successful and happier overall.

The people who were happiest with their jobs felt that they could do it well, and so they felt satisfied from being successful. Not surprisingly, education was an important part of job fit. Having the skills and training needed to do a job meant the workers were more likely to be successful and, therefore, satisfied.

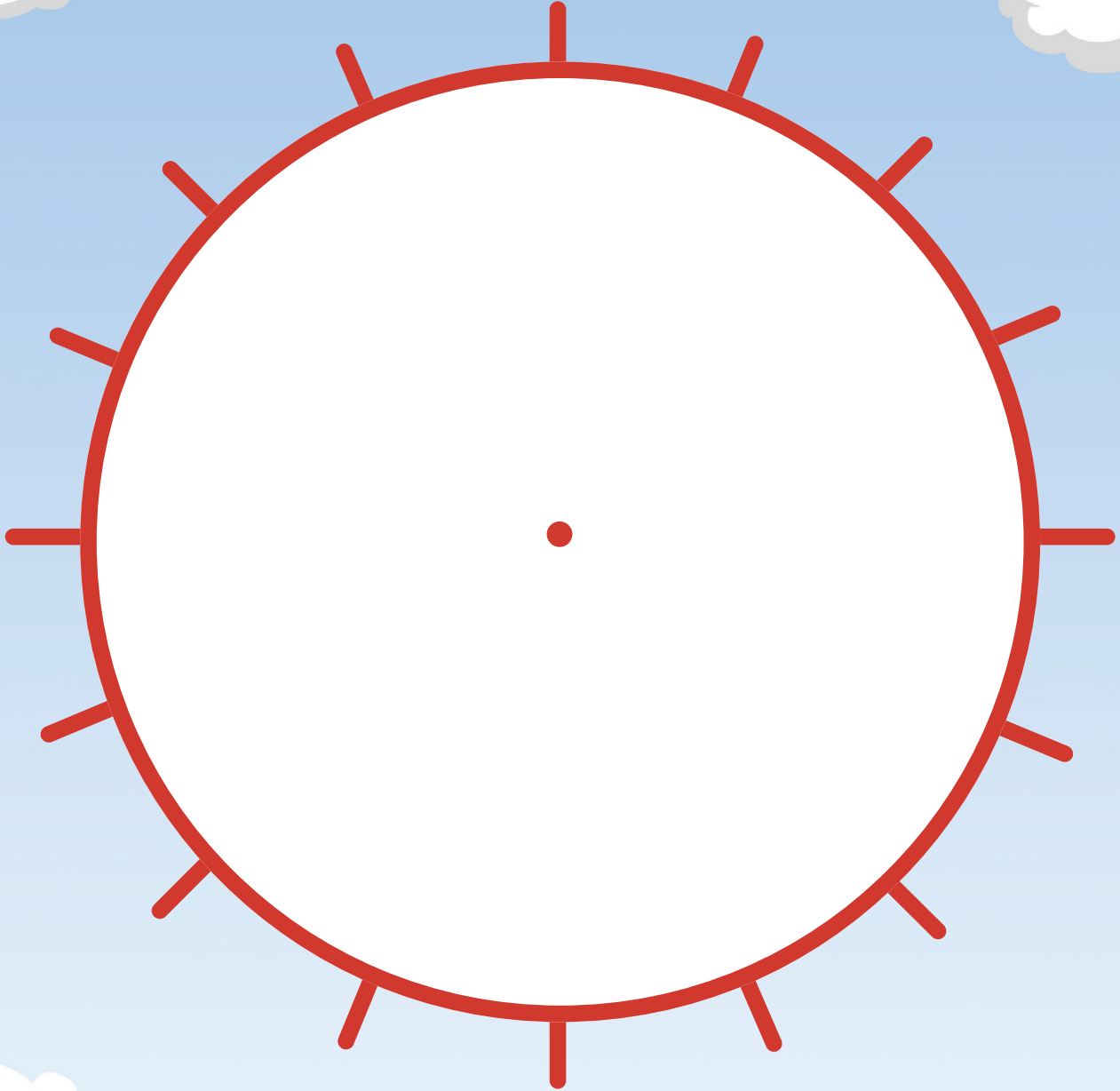


DREAM JOB

Other reasons for increased job happiness includes doing work that helps others (clergy members, firefighters, and teachers, for example), working with people you like, as well as having good hours, job security, a short commute, and receiving fair pay (Duda, 2016). But, researchers found that the most important factor of job satisfaction is that a job is engaging, meaning you find it challenging, interesting, and enjoyable.

A lot of things contribute to job satisfaction and influence happiness. It is never too early to start exploring your strengths and interests to discover careers that may fit you. Then, you can investigate the kind of training you’ll need and figure out which makes the most sense to you. As long as you’re open minded and willing to explore, you can make having one of these “dream” jobs your reality.

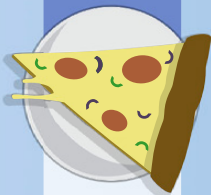
**PIE CHART
TEMPLATE**



AVERAGE AMERICAN HOUSEHOLD

ANNUAL INCOME: \$63,685

Food



\$6,458

Housing



\$16,803

Health Care



\$3,313

Education



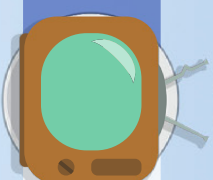
\$1,051

Transportation



\$8,293

Entertainment



\$6,646

Other



\$11,215

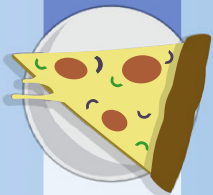
ANNUAL Expenditures: \$49,705



LOW-INCOME AMERICAN HOUSEHOLD

ANNUAL INCOME: \$17,563

Food



\$3,748

Housing



\$9,852

Health Care



\$2,024

Education



\$349

Transportation



\$4,019

Entertainment



\$1,098

Other



\$3,716

ANNUAL Expenditures: \$24,806



WEALTHY AMERICAN HOUSEHOLD

ANNUAL INCOME: \$247,261

Food



\$13,055

Housing



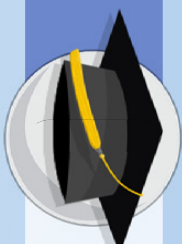
\$37,700

Health Care



\$5,976

Education



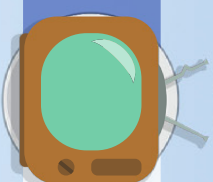
\$4,497

Transportation



\$17,756

Entertainment



\$6,646

Other



\$37,526

ANNUAL Expenditures: \$123,056

