Occupation and values

**A review of Job, careers and profession**

**DEFINITIONS**

The Canadian Oxford Dictionary gives the following definitions:

**Job:** A piece of work, especially one done for hire or profit; a paid position of employment

**Occupation:** A person's usual or principal work or business, especially as a means of earning a living; vocation

**Profession:** A vocation or calling, especially one that involves some branch of advanced learning or science

**PROFESSIONAL:** Of or belonging to or connected with a profession; having or showing the skill of a professional, competent; worthy of a professional; engaged in a specified activity as one’s main paid occupation

**Career:** One’s advancement through life, especially in a profession; a profession or occupation, especially as offering advancement

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ The sum total of all the work roles that you have fulfilled and your life experiences.

*This is the sequence of work a person does including paid, unpaid, family, community, volunteer and leisure pursuits.*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ A position in an organization, company, store etc. with specific duties and responsibilities, for example an executive secretary at IBM, a waiter at the Constellation Hotel.

*This is work done in a specific location*

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ A group of similar jobs such as engineer, secretary, nurse, teacher. Within each occupational grouping or family, there will be specific types, for example, one can be a mechanical, civil, aerospace, chemical or electrical engineer.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ *This is work with common characteristics requiring similar skill*

**Ex.**

|  |  |
| --- | --- |
| Daughter | Soccer Player |
| Older Sister | The Funny one |

**Questions for Discussion:**

1. What do you enjoy the most about being a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
2. Being a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is sometimes hard when \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
3. Being a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is important to me because\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
4. As a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ other people expect me to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
5. If I could change anything about my role in life it would be \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?
6. The skills I learn in this role can connect me to the occupation of a\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

What are your personal characteristics?

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| **Personal Characteristics** |
| E.g. extroverted |
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How does my personality fit into careers I am interested in?

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| **Careers I am Interested In** | **Personal Characteristics** |
| E.g. Accountant | Detail oriented, good with numbers |
| 1. |  |
| 2. |  |
| 3. |  |
| 4. |  |
| 5. |  |