CAREER AND COLLEGE DEVELOPMENT

LESSON 11-5 ▲ BALANCED CAREER/LIFE PLANNING

**LEARNING GOALS/OUTCOMES**

* Evaluate a career for its capacity to satisfy personal motivations and utilize personal assets.
* Identify recreation, leisure and volunteerism activities that fill in the gaps for key motivations and assets not satisfied by the identified career.
* Create a balanced career/life plan that satisfies key personal motivations and skills.

**MATERIALS NEEDED**

* **Student Handouts:**
* Balanced Career/Life Plan (two copies for each student)
* Journal Page

**CLASSROOM ACTIVITIES**

1. **Students list career and activity predictions for themselves.** Write the following words, one in each of four different areas of your board: Career, Recreation, Leisure, Volunteer. Ask students to come to the board and quickly write one thing under each of the four words, their prediction for what they will be doing in 20 years. (For instance, a student might write, “screenwriter,” “tennis,” “orchestra,” and “food bank.”) If students need help, remind them that a “recreation” activity is one they do for active health, “leisure” is for relaxation, and “volunteer” is to help others. Discuss the word clouds students create under each of the four words. Note any common themes.
2. **Students discuss the concept of balance.** Ask for two or three student volunteers to identify their personal contributions to the word clouds on the board. Mark each student’s words in a different way. Then ask each of them how they think they will be able to find time for career, recreation, leisure, and volunteer activities. Ask students how well they balance in active health, relaxation, and contribution with their present “work” (school). With a show of hands, have students identify themselves as living a balanced life or not. Ask students why experts recommend that people work to create a balance of work/school and non-work/school activities.
3. **Students evaluate a career for its capacity to satisfy personal motivations and utilize personal assets.** Distribute the *My Balanced Career/Life Plan*. Ask students to work individually to write down their top ten motivations and top ten assets on the handout. They can find these in their portfolios. Tell students they are going to use their motivations and assets to create a balanced work/life plan for their future.

Either distribute, or show on the overhead, a copy of *Frank Furter’s Balanced Career/Life Plan*. Begin by reviewing his motivations and assets. Show how he selected Advertising Manager as his most interesting type of work. Tell students how Frank identified which Motivations and Assets would be satisfied by his job as an Advertising Manager. He placed an X in the W (Work) column beside those things that Ad Manager would satisfy. His next step was to look at the Motivations and Assets that would not be satisfied by this type of work. He identified recreation, leisure, or volunteer activities that would fill in the gaps that his work would not satisfy. Show students how Soccer Coach fulfills his need to help students, coach, be fit, and use his first aid skills. Show how the piano and running club activities also provide additional fulfillment to his life. Encourage students to see that Frank’s clear awareness of his key motivations and assets allows him to create a work/life plan that satisfies most of his needs.

1. **Students identify recreation, leisure, and volunteerism activities that fill in the gaps for key motivations and assets not satisfied by the identified career.** Ask students to fill out a balanced work/life plan for themselves. Write the following order on the board:

* Select a career you that interests you.
* Identify the motivations and assets that would be satisfied by that type of work, by placing an X in the W column.
* Write the Motivations and Assets that would be fulfilled in the Work section.
* Identify the key motivations and assets not satisfied by this type of work.
* Select recreational, leisure, or volunteer activities that would fulfill those motivations and assets. Write them in the Life section. Identify the motivations and assets satisfied for each life activity.
* Place an X under the L column for those motivations and assets that are satisfied by the selected Life activities.

After completing the balanced plan, ask students to write a quick summary of how this plan will provide them with a balanced life. If necessary, review what Frank Furter wrote on his plan.

1. **Students compare their balanced plan to the plans of other students.** Ask students to pair up with another student. Have each student show their plan. Have students regroup in new pairs once or twice more.
2. **Students evaluate the balance of their present-day school life.** Provide students with a second copy of *My Balanced Career/Life Plan*. Ask student to place ‘11th Grade Student’ as their present-day work. Have students repeat the balanced planning exercise, with their present school life as their work focus.
3. **Students use personal values to reflect on creating balance in their lives today.** Ask students to use a Journal Page to answer the following questions:

* What will I do this year to make my life more balanced and fulfilling?
* How can I combine school with activities to enrich my life?

**STUDENT PRODUCTS**

* **Two completed copies of *My Balanced Career/Life Plan***
* **Completed *Journal Page***

CAREER AND COLLEGE DEVELOPMNT

LESSON 11-5 STUDENT HANDOUT

MY BALANCED CAREER/LIFE PLAN

How much of your personal motivations and personal assets are satisfied by your planned career? How can you use your non-work life activities to fill in the gaps for things unsatisfied by your work? Complete a balanced work/life analysis for two different careers below.

**MOTIVATIONS WORK:**

List your top ten motivations. **W L** Motivations/Assets satisfied by this work.

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**ASSETS LIFE (Recreation, Leisure, Volunteer)**

List your top tenassets. **W** **L** Activities that fill in the gaps.

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Write a short description below of how your combination of career and life activities will provide you with a balanced and fulfilling life.

**SAMPLE BALANCED CAREER/LIFE PLAN – FRANK FURTER**

**MOTIVATIONS WORK: Advertising Manager**

List your top ten motivations. **W L** Motivations/Assets satisfied by this work.

Creativity\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_X\_ **Motivations**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Music\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_X\_ Leadership, Writing, Independence\_

Helping Kids\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_X\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Laughing\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_X\_ **Assets**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Family\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_ Organizational Skills, Creativity,\_\_\_\_

Fitness\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_X\_ Problem-Solving, Writing,\_\_\_\_\_\_\_\_

Independence\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_\_\_ Honor Roll Approach,\_\_\_\_\_\_\_\_\_\_\_

Movies\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_\_\_ Event Management\_\_\_\_\_\_\_\_\_\_\_\_\_

Leadership\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Writing\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**ASSETS LIFE (Recreation, Leisure, Volunteer)**

List your top tenassets. **W** **L** Activities that fill in the gaps.

Athletic Quickness\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_X\_ **Soccer Coach**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Organizational Skills\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_\_\_ Helping Kids, Fitness, Coaching\_\_\_\_

Honor Roll Student\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_\_\_ First Aid Training\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coaching Skills\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_X\_ **Playing Piano**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Writing Skills\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_\_\_ Music, Creativity\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Triathalon Event Responsibilities\_\_\_\_ \_X\_ \_\_\_ **Running Club**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Creativity Skills\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_\_\_ Athletic Quickness, Fitness, Laughing

Problem-Solving\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_X\_ \_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

First Aid Certification\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_X\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Personal Fitness\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_ \_X\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Write a short description below of how your combination of career and life activities will provide you with a balanced and fulfilling life.

The career of Advertising Manager offers me a great opportunity to use a lot of my skills, particularly\_\_\_

my organizational, creative, problem-solving, and leadership skills. Because helping kids, music, and\_\_\_

personal fitness are so important to my life, I would balance in volunteer work at our local elementary\_\_

school – coaching their soccer team. I’d also play piano and continue with my role in the local running\_\_

club. This balanced life looks awesome. Around all this, I’d still want to squeeze in some time with my\_

family and a few movies a month. Pretty cool life.

CAREER AND COLLEGE DEVELOPMNT

LESSON 11-5 STUDENT HANDOUT

JOURNAL PAGE

**DATE:**

**Lesson 11-5 | *BALANCED CAREER/LIFE PLANNING***

***Q1:*** What will I do this year to make my life more balanced and fulfilling?

***Q2:*** How can I combine school with activities to enrich my life?

***Answers:***