



Australian Government



National
Careers
Institute

Australian Blueprint for Career Development

Student Workbook

Area C: Career Building

Career Competency 9: Maintain Balanced Life and Work Roles

Phase 3: Link life styles and life stages to career building

Student Name: _____



Competent

Assessor signature: _____ Date _____

Career Competencies and Performance Indicators for Phase III

Performance Indicators:

- 9.3.1 Understand the concept of life stages
- 9.3.2 Understand the concept of lifestyles
- 9.3.3 Understand the factors that influence or impact upon lifestyles (e.g., socio-economic status, culture, values, work choices, work habits)
- 9.3.4 Understand the life stage factors that influence your career building
- 9.3.5 Examine the type of lifestyle you want at this stage of your life
- 9.3.6 Identify and experience work scenarios reflective of your life stage and lifestyle
- 9.3.7 Identify and experience work scenarios reflective of your life stage and lifestyle
- 9.3.8 Examine your work scenarios and determine which ones are supportive of your life stage and lifestyle
- 9.3.9 Acknowledge the factors that influence or impact upon your lifestyle (e.g. socio-economic status, culture, values, work choices, work habits, injury, illness)
- 9.3.10 Acknowledge the life stage factors that have influenced or are influencing your career building
- 9.3.11 Take active steps to moving closer towards your preferred lifestyle, while considering your life stage

Performance Indicator: 9.3.1

Understand the importance of developing a range of scenarios supportive of your preferred future

Activity: Life Stages

There are 6 Stages in Life: Birth, Childhood, Adolescence, Adulthood, Ageing and End of Life. In small groups, brainstorm the different concepts of each life stage.

Life Stage	Age Covered	Concept of Preferred Lifestyle at this Stage	Concept of Work and Career at This Stage	Concept of Education and Training at this Stage
Birth	0 – 2			
Childhood	3 – 12			
Adolescence	13 – 20			
Adulthood	21 – 55			
Ageing	56 -			
End of Life				

As a full class, share your insights with other groups. Where necessary, explain your reasoning.

Performance Indicator: 9.3.2

Understand the concept of lifestyles

Activity: Priorities, Responsibilities, and Conflicting Interests

Directions: Take a few minutes to think about your priorities and answer the question in the space provided. Think about such things as your family, friends, leisure, health, finances, etc. You will then have the opportunity to share your ideas with the group.

1. What are your priorities? What things are most important for you to do or accomplish?

As a class group, write priorities from your list on the boards where everyone can read it.

With respect to family, health, finances, intellectual, social, professional, and leisure etc. as a group answer these questions:

2. Why are these people and/or things important?

3. In particular, why is it important to work?

4. How does working affect other priorities? (Be open to both positive and negative impacts of work, but try to focus on the positive.) Eg:

Positive: If I work, I can ensure that I can pay off my car, I get a chance to do and learn new things.

Negative: Going to work takes time away from spending time with my friends and family

5. What does an individual need to have or do to balance work with other responsibilities? You may want to add responses that you hear from others in the group

Performance Indicator: 9.3.3

Understand the factors that influence or impact upon lifestyles (e.g., socio-economic status, culture, values, work choices, work habits)

Activity: Life and Work

Our lives are made up of three parts: work time, leisure time and maintenance (sleeping, eating etc) time. The more time that we spend at work, the more we squeeze the other two. In making a choice of job and career, it is important to be clear about the amount of time we are willing to invest so that we can still achieve a balance.

The way the working week is structured can also vary to include shift work or extended time on the job ie. fly in/ fly out scenarios with the mines, flight crews on international aircraft, hospitality workers, etc.

Many office workers may have flexitime arrangements at their workplace, while professional workers are expected to work additional hours without additional salary. Other workers receive overtime or only work on a casual or part time basis.

Some people see their working life as a segment of their lives which has little impact on their mainstream existence. Others see work as a central component of their lifestyle and any distinction between life and work is meaningless.

How do you view your preferred relationship with work?

Which of the following statements would you subscribe to? Write your name in the appropriate box. Where would your friends, relatives and acquaintances fit on the chart?

My investment in work time

	Names of people this applies to
I couldn't possibly do something I wasn't interested in. There is no difference for me between work and leisure. My life is my work.	
Work is an important part of my life and although it is not my sole reason for living, it certainly takes precedence over leisure, entertainment and non-work activities.	
I want to achieve some kind of balance between the energy I devote to work and that which I devote to non-work. Work and leisure are equally important.	
Although I work reasonably hard while I am at work, when it comes to 5pm. I want to switch off. I refuse to take work home. My own time is very precious to me.	
The kind of work I do has very little significance. All I want is the chance to earn to have a reasonable social/ leisure/ family life	

Performance Indicator: 9.3.3

Understand the factors that influence or impact upon lifestyles (e.g., socio- economic status, culture, values, work choices, work habits)

Functions of Work

Work fulfils many functions apart from satisfying basic needs and wants associated with living in a consumer society. Under the following headings, describe how it has impacted on you personally.

1. Work is an integral part of an individual's identify and contributes to social status, social identity and self-esteem

2. Work provides a formalised means to develop social relationships and social contacts outside the home

3. Work provides the necessary income required to participate in leisure and sporting activities

4. Work also influences where people live and the life styles they follow

Performance Indicator: 9.3.6

Identify and experience work scenarios reflective of your life stage and lifestyle

You will need to undertake Work Experience

Performance Indicator: 9.3.8

Examine your work scenarios and determine which ones are supportive of your life stage and lifestyle

Activity: Any experience tells a story

Work experience gives you the opportunity to develop a range of skills. Through evaluation and analysis, you can identify trends in the way you have managed the work. Do you enjoy working long hours? Can you work well under pressure? Do you show initiative in the workplace? Are you a team player? Do you communicated well with fellow workers and customers?

This sort of analysis gives you insight into your work ethics, skills and attitudes. On a practical level, these skills are transferable. Many people who change careers, build on the previous experience, rather than make a completely new start.

1. Using the job you are now doing, or a job that you have done in the past, complete the following analysis. Base your answers on describing, rather than evaluating.

Workplace description (private/ govt., large/ small, atmosphere?)	Details of the job (tasks performed, skills learnt, problems, training, etc.)
Intellectually challenging, personality used?	Your achievements (monitoring performance)
Workplace training	Work colleagues
How it affected your lifestyle	Best experiences at work

2. From the above, you should be able to identify positive and negative aspects of your career to date.

Work Experience	
Things which I would like to use in the future:	Things that I would like to avoid:

Performance Indicator: 9.3.9

Acknowledge the factors that influence or impact upon your lifestyle (e.g., socioeconomic status, culture, values, work choices, work habits, injury, illness)

Activity: Factors that impact on lifestyle

Working in groups of 4 – 5, give examples of how the following factors can impact on your lifestyle.

Impacts on your lifestyle - examples	
Socioeconomic status	
Culture	
Values	
Work choices	
Work habits	
Injury	
Illness	