

# Grade 7 Life Orientation Worksheet

## Career planning

Read the following passage.

### **The Importance of Career Planning** *By Annette Miller & Robert C. Marvin*

There may be no accurate way to measure the true benefits of career planning. On the individual level, it can lead to the personal sense of purpose and emotional well-being that comes with working in a field you love, rather than just working for a paycheck. To employers, it means well-trained, motivated employees, who will be more productive and less likely to job-hop. And the benefits to society? While research on this topic is scarce, one can imagine the many ways society might be improved if more people worked in the jobs they were meant to do. The benefits just may be huge.

One goal most of us want to reach is economic independence. This usually means attaining a job that earns us enough to pay the bills, save for retirement, and have that little extra for recreation and hobbies.

What are the consequences of not making a clear, informed career plan? Educational false starts, for one thing. Switching majors can cost students several years and thousands of dollars. If this money is taken out in student loans, it will drive up the monthly payments after graduation, making it even harder to make ends meet on a starting salary.

Early intervention in career development allows a student to prepare accordingly to take the proper levels of math, writing, reading and subject choices.

Occupational mismatches not only lead to stress, discontent, and even depression for employees, but they can cost big money to employers. An employee who is ill-suited for a particular job is more likely to perform poorly, be less productive, and leave the company, voluntarily or otherwise.

Employee turnover can be a serious financial burden for a company. Employee turnover also leads to periods of unemployment, which is a burden on society as a whole.

All in all, there seems to be no downside to career planning.

Good goals have some things in common: they are SMART. SMART goals are:  
**Specific**  
**Measurable**  
**Attainable**  
**Realistic**  
**Timely.**

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In order to come up with these common elements in a career plan, information is clearly needed.

### Activity 1

Your teacher will read the article to you again and discuss with you anything that you do not understand.

Divide into groups of 4 – 6 learners per group and discuss the following:

- It is important to develop a career in a field you love, rather than just working for a paycheck. Do you agree with this statement? Is this always possible?
- Imagine a world where everybody got to do a job they loved doing. How do you picture that world?
- Why is it important to think about your interests and possible career choices while you are still at school? Try to think of examples to back up your discussion.

Keep notes of your discussion.

Your teacher will assess your participation in the group discussion using a checklist. Your teacher will check the notes you made during the group discussion using a rubric.

Checklist for observation of group discussions			
Name:		Date:	
	Criteria: Does the learner:	Yes	No
1	Wait for a pause before s/he interrupts a speaker?		
2	Interrupt a speaker politely?		
3	Show evidence of having understood the concept of careers and career choice?		
4	Show evidence of understanding the link between SMART goal-setting, interests and career choices?		
5	Participate actively in the discussion?		
6	Disagree with points politely and constructively?		
7	Give reasons to support alternative points of view?		
8	Make points clearly using appropriate vocal volume?		
9	Make eye contact when speaking?		
10	Use body language appropriately?		

### Rubric to assess notes

5 marks	4 marks	3 marks	2 marks	1 mark
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Notes very well written. Logical ordering of ideas. Link between interests and career choice clearly made. Excellent use of examples to substantiate.	Notes well written and paragraphs clear. Link made between interests and career choice. Good use of examples.	Note writing skills are fair; some grammar errors. Some link between interests and career choice made. Fair use of examples.	Notes are not well organised; many grammar errors. Link between concepts not distinguished. Poor use of examples.	Many errors of expression; meaning not clear. No distinction between concepts. No or incorrect examples.
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## Suggested Solutions

Question number	Possible marks	Solution
1	10	See checklist in Appendix of Assessment Tools.
2	5	See rubric in Appendix of Assessment Tools.

## Appendix of Assessment Tools

Checklist for observation of group discussions			
Name: _____ Date: _____		Criteria: Does the learner:	
		Yes	No
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Rubric to assess notes				
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