

# Lifestyle Changes . . . Good or Bad?

## Subject

Language Arts

## Concept

Brainstorming

## Grade Level

9 - 12

## National Career Guidelines

Competency  
X

Understanding the  
Interrelationship  
of Life Roles

## Type of Activity

Small Group with  
Whole Class  
Discussion

## Related Occupations

Counselor

In this activity students will examine and predict how situations may change one's lifestyle and/or career direction. Students will brainstorm constructive responses to the situations listed on the "Situations That May Change Lifestyle" handout but they will also come to realize that some of the changes may be destructive to a lifestyle and/or a relationship.

## MATERIALS/SUPPLIES

"Situations That May Change Lifestyle" handout, chalkboard, chalk

## ACTIVITY

- Distribute the "Situations That May Change Lifestyle" handout.
- Divide students into groups.
- After studying the handout, have groups discuss how each situation will cause change.
- Discuss the results from each group with the class.
- Have the class respond to the results as they are presented. Were the results realistic?
- Have the class brainstorm some constructive responses to the situations.
- The lifestyles will change in each of the situations, however, the response to the changes may be less than constructive to a relationship.

## EVALUATION

Students will be evaluated on the completion of the handout and how situations may change one's lifestyle and/or career direction, sometimes for the better and sometimes destroying a lifestyle, career direction, or relationship.

# Situations That May Change Lifestyle

1. A physician receives \$100,000 tax free.
2. A salesperson is transferred from Colorado to Alabama.
3. A police officer's spouse, who is not working, takes a position as an advertising agent. (It might be interesting to have the students identify which spouse is male and female)
4. An accountant trainee's wife gives birth to triplets.
5. An auto mechanic loses his/her job, the only family income.
6. A loader is promoted to dock foreman.
7. A teacher's youngest child graduates from high school.
8. A fruit farmer loses the year's crop due to a late freeze.
9. A lawyer has an accident which results in a \$10,000 medical bill.
10. A computer operator receives a salary increase and is now earning \$41,000 per year. The operator's spouse decides to terminate work. The spouse has been earning \$20,000 per year.

*May be photocopied for student use.*