What Do You Do?

This activity involves the students interviewing adults about lifestyles and life roles.

Materials/Supplies
"Lifestyle Interview Summary" handout, paper, pen/pencil

Activity
- Distribute the "Lifestyle Interview Summary."
  Lead a class discussion on lifestyles and life roles.

- Have the students describe the type of lifestyles they would like to have when they become independent.

- Ask them to describe the type of life roles they see themselves playing in the next 20 years. Examples might include: worker, mother, father, etc.

  Have the students use the "Lifestyle Interview Summary" and interview at least three adults about their life roles and lifestyle.

- Ask the students to write a summary of the findings of their interviews. What did they find that they were not expecting? What did they find out that may have some influence on their future decisions? How did earnings affect leisure time?

Evaluation
Students will have interviewed 3 adults on their life roles and their lifestyles to become more informed about the interrelationship of life roles and for future career planning.
Lifestyle Interview Summary

Name ________________________________

Instructions: Complete the following for each of your three subjects.

How would you classify your lifestyle? ______________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What are your life roles? ________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What have been some of the high points in your life? ______________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

What have been some of the low points in your life? ______________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How much leisure time do you have each week? __________________________
________________________________________________________________________
________________________________________________________________________

Is this enough time for you? ____________________________________________
________________________________________________________________________
________________________________________________________________________

If not, how could you increase the amount of time? ______________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Would you like to change your lifestyle? ________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

How? __________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Why? __________________________________________________________________
________________________________________________________________________
________________________________________________________________________

May be photocopied for student use.

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