Lifestyles of the Working World

Objectives
Students will:
- Consider lifestyle choices
- Compare lifestyle options as determined by career choices
- Be aware of the salary levels of various occupations
- Learn about personal budgets

Materials Needed
- Career planning and goal setting resources
  - “Making Career Decisions” in MnCareers publication
  - ISEEK: www.iseek.org/careers/careergoals.html
  - MCIS: http://mncis.intocareers.org {subscription required}
- Budgeting and financial literacy information
  - “Cost of Living in Minnesota” in MnCareers
  - Job Seekers Guide: www.jobseekersguide.org/US/manage-your-finances
  - Reality Check Tool on ISEEK (www.iseek.org/careers/realitytool.html) or MCIS {subscription required}

Instructions
1. Present or discuss what a “lifestyle” is. Talk about what type of house, car, technology or other materials the students want or plan to have. Also discuss the activities they hope to do on a regular basis (go out to eat, travel, buy clothes or video games, etc.)
   a. Students can brainstorm lifestyle factors in small groups or as a class. Create a list for the whole class to view using a chalkboard, posters or the computer.
   b. Have students complete the Reality Check Tool as a group or individually to help them compile their lifestyle items.
2. Using Reality Check or another career information resource, have students select an occupation with a salary relevant to their lifestyle choices. Have them research the education requirements, needed skills, work environment and other details of the occupation.
   a. Students can write a paper, do a multimedia project, or present their occupation findings.

3. Based on the lifestyle items they identified, have students fill in a personal budget worksheet. They can make a budget for the life they live now, or for an ideal/future life.

**Evaluation of Learning**

- Grade students’ occupation research.
- Monitor awareness of salary and budget information.
- Monitor students’ evaluation of career options.
- Completion of a personal budget can be included in an Individualized Learning Plan or portfolio.

**Enhanced Learning**

Use the Minnesota Programs of Study website to discuss how one’s lifestyle changes while advancing in a pathway (www.mnprogramsofstudy.org).

- Participants could prepare posters or multimedia projects showing their lifestyle preferences.
- Discuss the lifestyles of various people that students know or have heard about. Let the students introduce those they would like to discuss (i.e., Lady Gaga, Derek Jeter, the Kardashians, Oprah Winfrey, etc.). Encourage participants to consider the lifestyles of people in their community, including their relatives.
- Have students choose a career of interest. Have them discuss the type of lifestyle that career might provide.
- Discuss how a person’s lifestyle changes over time. Talk about the effect that formal education can have on employment and salary (www.iseek.org/education/education-pays.html).
- Lead a class activity that includes students using the “Financial Priorities Worksheet,” “Create a Personal Budget Worksheet” or other resources to practice making a budget (www.iseek.org/mnpos/toolkit/advisers/advance-classroom.html).