Psychology of Adjustment
PSY 131

Chapter 10
Work and Recreation

Chapter Outline/Overview

- College as your job
- Vocational decision-making
- Holland's personality types
- Steps in deciding on a career
- Recreation and balance

College as your work?

- How many of you currently have jobs?
- Do you feel that college is your primary work?
- What is purpose of college?
- Categories of student motivation
  - Self-fulfillers – searching for personal identity
  - Careerists – school as means to an end
  - Avoiders – attending to evade / avoid “real world”
- Performance as a student as an indicator of work habits
Decisions that got you here...

Factors In Vocational Decision Making
- Motivation and achievement
- Attitudes about occupations
- Abilities
- Interests
- Values
- Self-concept

John Holland’s Personality Types
- Realistic
- Investigative
- Artistic
- Social
- Enterprising
- Conventional
Holland’s Hexagon

Steps in the Process of Deciding on a Career

- Begin by focusing on yourself
- Generate alternative solutions
- Gather and assess information
- Weigh and prioritize your alternatives
- Make the decision and formulate a plan
- Carry out the decision
- Get feedback

Downsizing

"The boss left a detailed map to the unemployment office in your mailbox. You can draw your own conclusion."
Balancing Work and Recreation

- Work alone does not generally lead to a rich existence
- Recreation involves creating ourselves anew and is a path to vitality
- Recreation requires the ability to let go and experience life
- The appropriate balance between work and recreation depends on the needs of the individual

Group Discussion

- Discuss work experiences thus far.
- What was done to maintain balance with recreational activities?
- Did one ever interfere with or displace the other?
- What would you do about it (to resolve imbalance)?