

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

Slide 2

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

Slide 3

Decisions that got you here... 😊



Slide 4

Factors In Vocational Decision Making

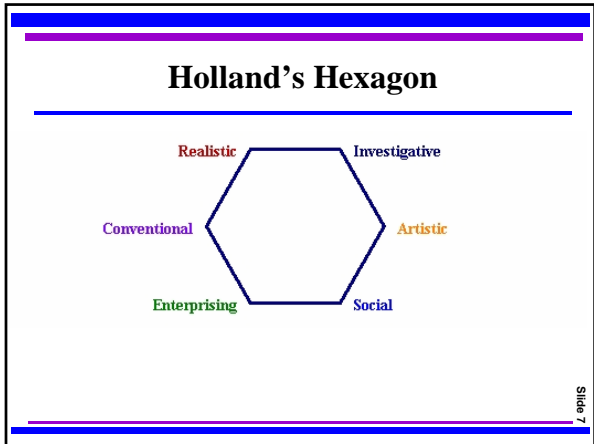
- Motivation and achievement
- Attitudes about occupations
- Abilities
- Interests
- Values
- Self-concept

Slide 5

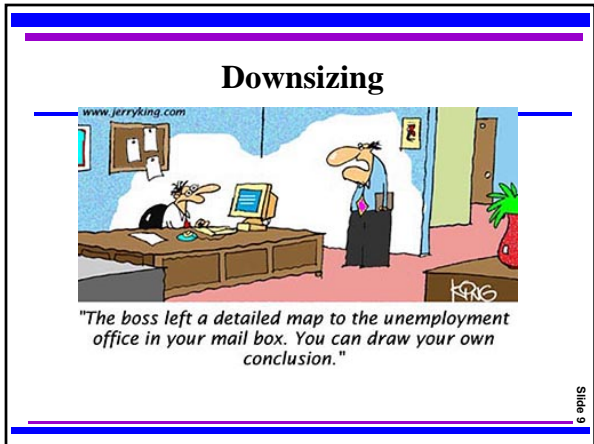
John Holland's Personality Types

- Realistic
- Investigative
- Artistic
- Social
- Enterprising
- Conventional

Slide 6



- ## 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
- Slide 8



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

Slide 10

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)?

Slide 11
