

Lesson 1: Lifestyle



Mr. Romanchuk: What do you think will be the focus in your life? Earlier in this module, you completed self-assessment activities to help define who you are. This self-knowledge will help you define the lifestyle you want. It will also help you find the occupations that will help you achieve the lifestyle you want.

Ashley: What exactly is meant by the term *lifestyle*?

Mr. Romanchuk: A person's lifestyle is a collection of choices he or she makes about career, relationships, and material assets. Or to put it in simpler language, your lifestyle is determined by how much money you make and choices you make based on your values.

Which of these behaviours do you consider the most important in your life?

- being with your family
- making money
- being independent
- making new friends
- learning new things
- having fun
- being creative
- working hard
- helping others
- travelling

The importance you place on behaviours such as these can influence the lifestyle you want.

1. How is lifestyle affected by occupation in each of the following scenarios?
 - a. Baljit visits his son's classroom two mornings a week as a parent helper. He is able to do this because he works the night shift and doesn't have to be at work until late in the afternoon.
 - b. Anika and her husband both work office jobs during the week. Because of this, their daughter goes to an after-school care centre, and Anika picks her up on the way home from work.
 - c. James is an on-call emergency nurse.
 - d. Gisele is a long-haul truck driver. She drives from Edmonton to the United States twice a week.
 - e. Jordan, an electrician who works in Fort McMurray, lives in camp and is home every second weekend for four days.

Compare your answers with the Suggested Responses at the end of the lesson.



The lifestyle you choose will not happen by chance. On the other hand, some chance occurrences, over which you have no control, may impact your lifestyle. For instance, you don't have any control over where you were born, whether the economy is booming, or whether you have grown up with very little money. However, most of the factors that will create your lifestyle are within your control.

Your life right now is in the process of change. You probably have control over some parts of your life, such as the choices you make about friends, the possessions you purchase, and the values you hold to be most important. You have control over the amount of effort you put into your studies and some choice about the courses you take. You may choose the extracurricular activities you participate in. Of course, much of your lifestyle as a high school student is affected by external factors, such as your family, peers, and your community.



Your control over your own lifestyle will increase as your ability to earn money increases, your independence grows, and your values become clearer to you.

2. In two or three sentences, describe the lifestyle you would like to have.
3. People within a community have diverse lifestyles. Every individual makes different occupational and lifestyle choices. Interview two people within your community. Find out how their occupational choices affect their lifestyles. Ask them to share the rewards of the occupations and lifestyle choices they have made.

Compare your answers with the Suggested Responses at the end of the lesson.

There is no assignment for this lesson. You will use the information from this lesson to respond to the assignment for Lesson 2.

Looking Back; Looking Ahead

In this lesson, you learned that your occupation will greatly influence your personal lifestyle. It will affect

- where you work and live
- who you work with
- how much money you will earn
- how much enjoyment you get from the work
- how much time you will have for other activities

What you decide to do when you complete high school will affect your choice of lifestyle and career. In the next lesson, you will look at the options available to you.

Suggested Answers

- Occupations that have hours other than daytime hours allow for more interaction between parents and children during the day and for parental involvement with school activities. The same occupations can also limit the activities that are done as a family in the evenings.
 - For parents who work full time, finding time together with their children can be a challenge, but there may be more opportunities for other activities that require financial resources.
 - Having an occupation that requires an immediate response to work can mean that family or recreational time can be interrupted.
 - Working in an occupation that involves long hours and travel can mean that there are long stretches of time when Gisele is away from her family and friends. It can also mean that when she is at home, there is the opportunity for longer stretches of time off.
 - Jordan is away from home for long periods of time, which means day-to-day, face-to-face interaction with family is missing. On the other hand, having longer stretches of time off can mean more uninterrupted time to spend with family.
- Your answer will be personal. Your description of your ideal lifestyle should reflect the values that are important to you.
- Responses will vary. Did you notice a relationship between the values of the individuals you interviewed and the lifestyle choices they have made?

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