

WHAT IS WORK?

We often relate the world of work to making money. Working for money allows us to buy the things we want. We also work because we are good at doing something, people need our skills or we enjoy being productive.

So – What is Work?

“An activity requiring effort”

“...paid employment”

“Time spent finishing a task”

Work can be unpaid – family duties, household chores, school, voluntary, community service and leisure.

Work can be paid – full time, part time, casual

Think for a minute about the work you currently do. Does it fit under the paid or unpaid category?

Paid work:

Unpaid work:

There are a number of benefits you can get from paid and unpaid work and these benefits are strongly linked to the values you hold. Understanding the values you hold about work can provide an awareness of:

- Your ambitions
- The types of jobs you are interested in
- The goals you set for yourself

Research in this area identified 2 main reasons as to why people work.

1. People find work personally rewarding and meaningful
2. People work for companionship

Discuss with your friends what you think these reasons mean.

Rewarding and meaningful work refers to work that:

Working for companionship means:

Work and Values

Work exploration

Read the following task and put a tick in the columns you think are correct – some work may be both paid and unpaid.

Task	Is this work?		Paid?		Would you enjoy this?	
	Yes	No	Paid	Unpaid	Yes	No
Looking after your grandparents						
Looking after your pet						
Cleaning your room						
Shopping or groceries						
Doing your homework						
Piano practice						
Washing your clothes						
Going to school						
Fixing your bike						
Washing a car						
Listening to music						
Babysitting						
Shopping for clothes						
Ironing clothes						
Football training						
Organizing a party with friends						
Mowing the lawn						
Seeing a movie						
Playing sport						
Cooking a meal						

Rewarding and Meaningful Work + Companionship = Job Satisfaction

Job Satisfaction includes ✓

Yes

No

Feeling happy to go to work each day		
Personal achievement		
Positive self esteem		
Belonging to a team		
Fair pay		
Safe working conditions		

How will you working contribute to the community in which you live?
