

WORK ETHIC – LESSON 10

“Be Wise, My Son”

Finding the balance of work in your life Work Ethic

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INTRODUCTION: We have been talking for some time now about all this work ethic stuff. I think we can all agree that working hard is a great attribute and working hard pays off in life. However, there is a limit to the amount work one should do for a healthy lifestyle. You must be wise in this area of life or it could cost you dearly as well as those you care about the most. Becoming a “workaholic” and/or working an excessive amount can be very detrimental to your emotional and physical health as well as your relationships with family and friends. You have to take a good look at your motivation behind the amount of work you do. The debate about how much work is enough and the question about how much work is too much has been going on for a long time. This much we do know, having a balanced work and personal life is very good for individuals and families. Not enough work and times will be tough. Too much work and times will be tough. We will work through some questions that will help you set some boundaries for yourself and your family as you enter the workforce.

1. In your own words, define the term “workaholic”
2. If you know a “workaholic” in your life, describe what you think is their main motivation of being this way. Don’t mention their name.
3. One of the selling points of a good career in manufacturing/machining/welding/engineering is that you can make a “good” living and not have to work several different jobs to make ends meet. As a young person, does this have an appeal and is this a motivator for you to go into these fields? Describe what you believe is a “good” living.
4. A real serious question we must ask in life is why we work and why we do what we do for work. For some, working for little money but doing something they really enjoy would trump working for lots of money at something they didn’t enjoy. As you think of your future, what would be more important to you in these two regards?
5. You will soon be graduating from our welding and machining program. It will be “go” time in facing the life that lies ahead of you. It’s time to make some serious choices about the career(s) you will pursue. Even if you have not decided on a career path yet, please describe your top 3 choices at this point and share why you would consider these choices. Please describe in detail why these 3 choices would be best for you.

6. "Living beyond ones means" is a term we don't often hear about amongst younger generations. What do you think this means? How could this impact the amount of work a person would need to do?
7. As a young single person just out of your training program, list 4 negative effects that could affect your life should you let your work take over your life.
8. As a person with a family, list 5 negative effects that could happen should you let your work get unbalanced in your life.
9. Have you personally been on the receiving end of someone else's choice to let work interfere with your relationship with this person? If so, please describe the situation but don't use any names.
10. "The appetite of laborers works for them; their hunger drives them on." What do you think this means? What drives you on as you enter the workforce?
11. Define the word "contentment". As you look to the future 10 years down the road, list the top 5 benefits of a job that would make you content to keep it.
12. "Some people work to live, some people live to work". List 3 things that you believe could cause a person to become one of those people who live to work.