**Invest in Yourself - Guided Notes**

1. Define **Career**

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| a lifetime journey of building and applying skills, knowledge and experiences in paid employment |

1. What are three benefits to developing your career?

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| More job choices |
| Greater income |
| Enhanced well-being |

1. Define **lifestyle**

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| Habits, attitudes, tastes, moral standards and the amount of goods and services you consume |

1. Define **standard of living**

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| Level of material comfort as measured by the goods, services, and luxuries you are able to purchase |

1. What is one of the most common career-enhancing forms of investing in yourself?

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| Continuing education |

1. Explain informal training

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| Continuing education through social interactions, networking and life experiences |

1. Give two examples of how to get informal training

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| Reading |
| Joining a social group |

1. Explain formal training

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| Continuing education through learning a specific skill taught by an expert |

1. Give two examples of formal training

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| College classes/degree |
| Conferences or workshops |

1. What are two benefits of formal training?

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| Greater job security |
| Increased employability and earnings |

1. What are two benefits of informal training?

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| Making connections |
| Increasing knowledge and skills |

1. Explain the following in the space provided

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| **Type of Training** | **Explanation** |
| *Prerequisite = High School Diploma or Passing a GED test* | |
| Formal training with no degree | Different forms of training to become a specialist in one area |
| Some college, no degree | Attend college but do not complete the requirements needed to obtain an official degree |
| Associate | Also referred to as a two‐year degree although time of completion varies |
| Bachelor’s | Also referred to as a four‐year degree although time of completion varies Most common form of degree awarded from colleges and universities |
| *Prerequisite = Bachelor’s Degree* | |
| Master’s | Must have a Bachelor’s degree to pursue a Master’s degree Requires an average of two or more years of college or university study |
| Doctorate | Must have at least a Bachelor’s degree; also having a Master’s degree is a common requirement for those entering into a doctorate study program Time of completion varies depending upon the area of study, is an average of four or five years in addition to the time already spent to obtain a bachelor and/or master’s degree |
| Professional | Special type of advanced degree required by some occupations such as physicians and attorneys Often recognized by a professional standards board for that occupation Time to complete varies depending upon the area of study and specialization |

1. How does education pay?

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| More education = more earnings and less unemployment |

1. Define **occupation**

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| Grouping of jobs that perform similar tasks |

1. Define **industry**

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| Group of businesses that produce similar products or services. |

1. How do career clusters help prepare for employment?

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| It’s a grouping of occupations and industries based on the knowledge and skills required – knowing the cluster that fits your interests, knowledge and skills can help you to explore, get training, and knowledge in the particular area you want |

1. Your present self impacts your future self. By investing in yourself today, future job opportunities will be created. How are you currently investing in yourself?

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| Answers will vary |