

Learning for Earning

Your Route to Success

Sixth Edition



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PowerPoint Presentations for

Learning for Earning

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CHAPTER

7

**Learning About
Yourself**



Chapter Objectives

After studying this chapter, you will be able to

- determine how personality, self-concept, interests, attitudes, aptitudes, abilities, and personal priorities affect career decisions.
- analyze how self-concept can affect job performance.
- relate personal priorities to professional priorities.



Key Terms

- resource
- personality
- self-concept
- interests
- attitude
- aptitudes
- abilities
- values

The Importance of Knowing Yourself



- Choosing a satisfying career requires:
 - knowledge of careers
 - knowledge of yourself



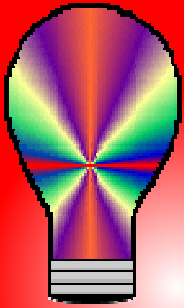
Examining the Real You

- ***Resource*** – Anything a person can use to help reach his or her goals.
- Understanding yourself begins by understanding your resources:
 - personality
 - self-concept
 - interests
 - attitude
 - aptitudes
 - abilities
 - values



Your Personality

- Everyone has a one-of-a-kind personality.
- ***Personality*** – The group of traits that makes each person unique.
- Choosing a career that suits your personality can lead to success and happiness.
- A pleasant personality can help you get jobs and interact well with coworkers.



Think About It



- ❖ *Can you identify 10 personality traits and describe how they relate to career success or failure?*

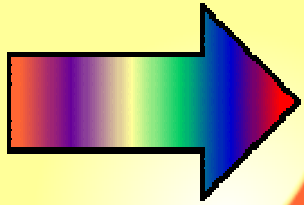


Your Self-Concept

- ***Self-concept*** – Recognition of both your strengths and weaknesses; accepting and feeling good about yourself.
- Individuals develop a realistic self-concept by seeing themselves as they really are, not as they would like to be.
- ❖ *What words describe a healthy self-concept?*

Forming and Changing Your Self-Concept

- A good self-concept can be strengthened.
- A poor self-concept can be changed by honestly examining weaknesses as well as strengths.
- How you feel about yourself also affects how others see you.
- ❖ *What everyday factors influence how you feel about yourself?*



In Your Opinion



- ❖ *Do you find that people who frequently brag tend to have a poor self-concept?*

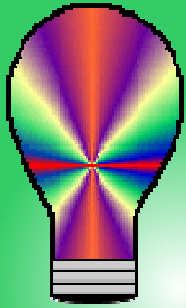
Your Interests

- ***Interests*** – The ideas, subjects, or activities a person enjoys.
- Interests are key to choosing a career focus from the following:
 - people
 - data
 - objects
- Most jobs involve all three areas, but usually focus on one or two.



Your Interests

- Careers with a *people* focus involve frequent discussions and interactions with others.
- Careers with a *data* focus require reading, researching, and using facts and figures.
- Careers with an *objects* focus involve working with tools and instruments and the items that result.



Think About It

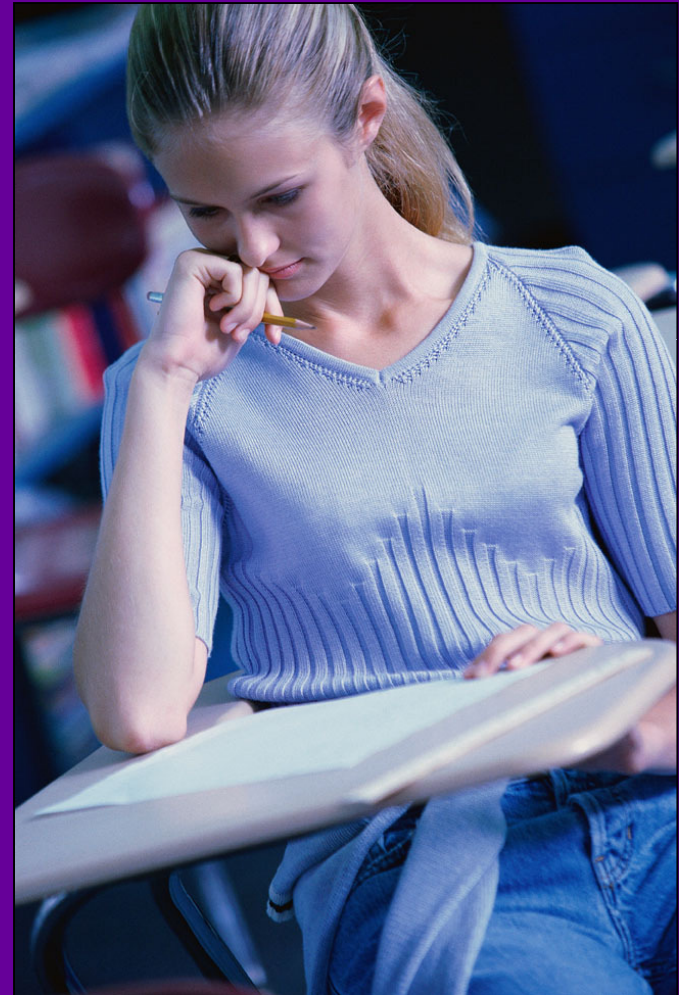


- ❖ *What could people do to have a better understanding of their key interests?*



Did You Know?

- ❖ *In many high schools, students can take an activities-preference inventory to help identify their key interests.*





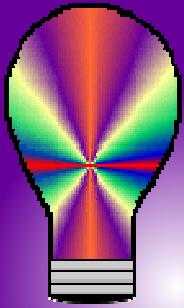
The Three A's

- ***Attitude*** – How you react to a situation.
- ***Aptitudes*** – The natural talents a person has or the potential to learn certain skills easily and quickly.
- ***Abilities*** – The skills a person has developed.
- Attitudes and abilities can be controlled, but not aptitudes.



Your Attitude – Positive or Negative?

- Employers try to hire people with a positive attitude because they like their work and coworkers enjoy working with them.
- Employers avoid hiring people with a negative attitude because they tend to complain, argue, and resist compromise.



Think About It

- ❖ *Can a worker's attitude be apparent even to those who can't see the worker's face?*





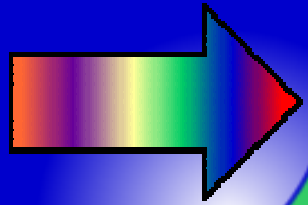
Your Aptitudes and Abilities

- Aptitude is a person's natural talent, while ability comes from work and practice.
- Workers who have a natural ability for a career can perform very well, but those with no aptitude or ability will be at a disadvantage.

Your Values



- *Values* – All the beliefs, ideas, and objects that are important to an individual.
 - Examples: honesty, health, family, friends, religion, and education



In Your Opinion

- ❖ *Do you think values change over time or stay the same?*
- ❖ *Example: If a person likes to work with "tools," will that focus ever change?*

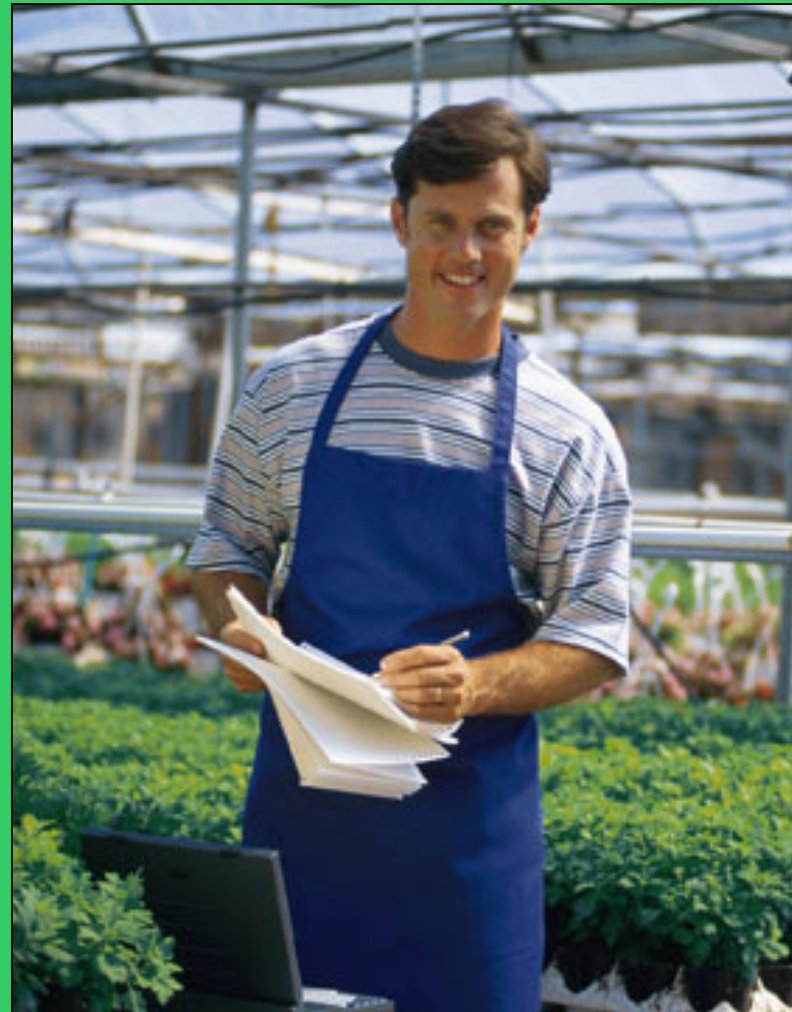


Your Values

- Individuals also have *work values*.
- Examples: ethics, independence, variety, creativity, competition, and recognition
- Often the values people have about work are identical to those in their personal lives.

Your Values

- Identify what is important to you so you can make a wise career choice.
- Consider personal and work values when choosing a career.



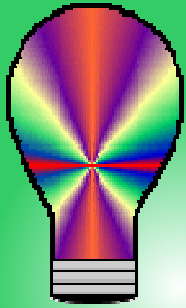
How to Evaluate Yourself

- Written tests can evaluate personality, aptitudes, and abilities.
- You will be evaluated by your schools as well as your employers.
- Interviews and supervisor reports are also used.
- Talks with family members and teachers can help you make your evaluations.



How to Evaluate Yourself

- Periodically look at yourself honestly.
- List your positive and negative attitudes.
- Decide which attitudes should change and how to make the changes.
- Abilities can be changed by following the same steps as are used for changing attitudes.



Think About It



- ❖ *List careers that suit your interests, aptitudes, and personality.*
- ❖ *Identify jobs that conflict with those personal characteristics.*

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