

**Instructor's Guide**  
for  
**GETTING THE JOB YOU REALLY WANT VIDEO SERIES**

## **Introduction: Getting the Life You Really Want**

### About the *Getting* Video Series

The *Getting the Job You Really Want* video series consists of 10 DVDs designed to coach your students through every step of the job search process. Based on the experience and research of renowned job search expert Michael Farr, the videos provide an in-depth look at each stage of finding a job and offer time-tested strategies and advice that job seekers can use to take a more active role and find work faster.

While each video stands alone as a comprehensive look at its given topic, the series was designed to be viewed in sequence and in its entirety. In addition, the video series directly corresponds to the material in Farr's bestselling workbook, *Getting the Job You Really Want*. Using the workbook and videos together is the most effective way to teach students how to best manage their job search. For more information about the *Getting* workbook and other related products, visit [www.jist.com](http://www.jist.com).

### Overview

This video provides an overview of how one's personal needs and goals correspond to the trends and demands of the current job market. It begins with a general introduction to the *Getting* series and its objectives. The remainder of the video is divided into two sections: "Know That There Is More to Life Than Work" and "Set Goals and Work Toward Them." In each of these sections, students are asked to consider their dreams and then translate those into specific career goals and the steps required to reach those goals. The video encourages students to think long-term, even in the face of immediate responsibilities and obstacles, and to try to balance their need for a job with their desire for a fulfilling and rewarding career. Throughout the video, students are introduced to career success stories of people who have reached their goals.

### Presentation Suggestions

It can be useful to start this lesson with some guided self-reflection. Ask students to write for five minutes describing their dream career. What kind of work would they be doing and where? What would the rewards be? What kind of lifestyle would they be living? Encourage students to balance optimism with realism and to think of a job or career that follows somewhat from the choices they've already made. When students have finished, ask them to take a few minutes to consider their *current* career situation. How did their past job fail to live up to their dreams? What was it missing? What

difficulties did they have? Finally, have students list three potential obstacles they see preventing them from achieving their dream career. Tell students that the purpose of this video is to help them see how those dreams can come true provided they create a plan for getting there.

When the students have finished this exercise job, give them the **Anticipation Quiz** to complete prior to viewing the video. If you wish, allow the students to state their answers and discuss them.

Show the video. Encourage students to make changes to the answers they put down for the Anticipation Quiz while watching the video. At the conclusion of the video, ask students to discuss any changes they made to their answers on the Anticipation Quiz.

Follow up the discussion with the **Activities**. Use the **Discussion Questions** to request oral or written responses from students, or assign the questions as homework essays. Give the **Quick Quiz** at the conclusion of class and correct the quizzes as a group. Finally, assign the **Homework Option**, if desired.

## Anticipation Quiz

**Directions:** Answer these questions as completely as possible. You may revise your answers as you watch the video.

1. How many times, on average, do people change jobs?
2. True or false: Most jobs available today are with larger employers.
3. What are the keys to achieving your dreams?
4. Name two ways that you can improve your skills to open more doors.

### Answer Key

1. About fifteen.
2. False.
3. Set specific career goals and make a plan to achieve them.
4. Volunteering, taking on a mentor, taking classes, starting an apprenticeship.

## Activities

**Activity #1:** Class Career Success Stories

**Format:** Pairs

**Time:** 20–25 minutes

**Materials:** Interview worksheet

**Procedure:**

1. Organize the class into pairs and give each person a copy of the interview worksheet at the end of this guide.
2. Have the students interview each other, asking the questions provided on the worksheet in addition to any others they can think of. Encourage students to focus on a *positive* career experience—a point in their career where they achieved success.
3. When all students have finished, feel free to pick a few to share what they've learned about their partner. As a class, make a list of some of the steps and strategies people used to find job and career success. Compare those steps to the advice given in the video.

**Activity #2: Lifestyle and Career****Format:** Individual**Time:** 20–25 minutes**Materials:** Paper, pen**Procedure:**

1. Write this list on the board: Location, Family Life, Salary, Activities & Hobbies.
2. Ask each student to write these headings on a piece of paper and then write a couple of sentences under each heading describing these areas of their life as they would like them to be like in five years' time.
3. When they are done, ask them to write an advertisement for a job they think would support the lifestyle choices they have described.
4. Have students share their advertisements with the class. What would it take for somebody to get these jobs?

**Discussion Questions**

1. Why isn't it advisable to set out to simply find just *any* job? What is the difference between a "job" and a "career"?
2. In what ways has looking for a job changed compared to 20 years ago?
3. If you had to identify a core part of yourself (something that's important to you) that you should keep in mind when looking for a job, what would it be? Helping others? Being recognized for your work? Making a lot of money? Having a lot of free time?

## Quick Quiz

**Note:** You may read these questions out loud, allowing time for students to respond, or copy and hand this out as a written exercise. If you read the quiz, write responses on the board or overhead.

**Directions:** Answer the following true/false questions.

1. A career is simply the work you do for pay.
2. Today's job market is a lot more stable than it was 10 or 20 years ago.
3. Your choice of job has no real impact on your lifestyle.
4. The key to achieving career success is having a plan.
5. Money is the only consideration people have when considering what job to pursue.
6. You should never take a job that isn't your ideal job.
7. Long-term goals should be broken into smaller, short-term goals.
8. Throughout your job search and your career, it's important to be flexible.
9. Learning new skills provides you with increased opportunities.
10. Though they may change jobs, most people never change careers.

## Answer Key

- |          |           |
|----------|-----------|
| 1. False | 6. False  |
| 2. False | 7. True   |
| 3. False | 8. True   |
| 4. True  | 9. True   |
| 5. False | 10. False |

## Homework Option

Have students identify a job they think would be good for them and write a brief description of the job, including a list of five features of the job they think they would enjoy. They can use the Internet to research the job further if necessary. Have students design a collage with images that reflect those five enjoyable job features. Encourage students to keep the collage throughout the course to remind them of the things they want in a job.

## Career Success Interview

*Ask your partner to think about a time when he or she experienced success in his or her career. It might be a job he or she got, a degree he or she earned, or something he or she accomplished at work. Then ask him or her the following questions and record his or her responses.*

What did you set out to do?

What steps did you take?

What problems did you encounter?

What advice would you give to others with similar goals?