

SDEP Module 2-A Working Life

Welcome to Module 2 of the Self-Directed Employment Planning Training.

In this module, you will learn about the ways that people work, how work helps people be part of their communities, and the benefits of work.

1.2 About this Module

In this Module, you will learn about the options of working for someone else or working for yourself. You will also hear about some good reasons to work and the benefits that getting a job can bring you. Those include: being a contributing community member, having more money to spend, having better physical health, having better mental health, and getting to know more people.

At the end of the module, there will be some questions for you to answer. Like with module 1, there is a section in the workbook that goes with module 2. After you go through module 2, you can use the workbook to answer the questions and continue to create your plan for employment. If you have not gotten a copy of the workbook yet, it might be a good idea to get that before completing this module. You can find the workbook under the resources tab.

1.3 Ways People Work

One way that you can go to work is for someone else at a business in your community. If you do that, you will probably have a boss that works at the same place as you. You will be hired to do a job for that business and you will have assigned tasks each time you go to work. You will get a schedule that might be the same each week or it might change from week to week. It will probably be about the same amount of money for each hour you work, a similar number of hours each week, and you would probably make about the same amount of money every month. You might get benefits with your job, such as sick time pay, vacation time pay, health insurance, and retirement help. You would go to the place of business to work and have co-workers. You would be responsible for getting your tasks done, but someone else would be in charge of running the company.

1.4 Ways People Work

Another way that you could work would be to start your own business. If you choose to work for yourself, you would be your own boss. You could set your own schedule for when you want to get your work done. You might not make the same amount of money for each hour that you work. There are a lot of possibilities and what you choose would

depend on the things you like to do. Some examples of businesses people own include: making and selling craft items like pottery and jewelry, dog-walking, yard work, house cleaning, graphic design, and recycling. As you can imagine, these different types of businesses involve different types of tasks, so you would need to think about what you like to do and can do well. It is a similar process for figuring out what type of job you might like if you look for a job at an existing business.

1.5 Reasons to Work: Community

People work to earn money, but there are other good reasons to work too. When you work, either for a business or for yourself, you are contributing to the fabric of your community. If you go to work for a business, you will help to make that business run well and be successful. You will be part of a team of people that make that happen. People will depend on you and it feels good to be needed and productive.

If you start your own business, you might make beautiful things that people love and that bring them joy. Or, you might provide a valuable service that was missing from your community until you started doing it. In both cases, you will be making your community a better place and getting to know people who live around you better.

1.6 Reasons to Work: Relationships

Having a job will bring you into contact with new people. Lots of people make friends with co-workers and others they meet through work. The number of new people you meet and see each day will depend on where you go to work and what type of job you have, but most jobs will give you the chance to meet and get to know a number of new people. If you work at a place where there are customers, you can get to know them too. If you choose to have your own business, you will surely have customers of some kind. You can also get to know other people who do a similar kind of work or have a business like the one you choose to start. Lots of workplaces have opportunities to socialize through both office parties and individuals who invite others out to events or to their homes for parties. Another bonus is building your resume and reference list through a job. You might be very happy in your work, but at some point you could be on the lookout for a job with greater responsibility and pay. Having one or more supervisors and co-workers can be good when that time comes.

1.7 Reasons to Work: Money

One big reason most people work is to make money. Not everyone cares about making a lot of money, but everyone needs to buy food and clothing and pay for a place to live. Even if you get benefits such as Social Security Income, working can give you extra money to spend. While there are other great reasons to work that you will learn about upcoming slides, earning a paycheck is one of the good things about having a job or owning a business.

1.8 Reasons to Work: Health

If you have a job, you have to get up, get dressed, and get out of the house - at least on the days you work. This helps keep people active and in some kind of routine. It means you have to have clean clothes to wear and take good enough care of yourself to get to work and do your job. You might get a little exercise walking to and from the bus or from the parking lot to your workplace. You might have to walk around while you are there. You might eat a healthier lunch because you are with co-workers. You might eat less on work days because you are busier. You might even go on a diet or exercise program with co-workers.

1.9 Reasons to Work: Health

People who work feel better emotionally too - that means that they feel happier more of the time, on average, than people who do not work. There are a few reasons why this is the case. As mentioned earlier, people like being productive and having purpose. For some, having structure and routine to their lives is important too. Having a place to go and work to do can keep your mind off of thoughts that make you sad, angry, or depressed. While people joke about winning the lottery and not working anymore, the truth is that having a job can be a pretty darn good thing for many.

1.10 Many Good Reasons to Work

As you learned from this module, there are many good reasons to work. This is a good time to think about how you think getting a job will help you. There are probably at least a couple. Now it is time to open the workbook to the section for module 2. As you circle the ways you think a job will help you, you can also look back to the page for module 1 to remember the reasons you want a job. The information in modules 1 and 2 will help you stick with the process even when it seems hard. You can go back to the workbook to remind yourself why you are working so hard to find a job. There is also a chart in this section that you can use to place stars next to the things that usually go with working at a business and being self-employed. If you think carefully about which of them sound good to you, this chart can help you figure out whether you want to look for a job at an existing business or if you are interested in starting your own business or working for yourself. This is the next step in creating your plan for employment. You are making great progress already!

1.11 Questions and Workbook

The Workbook Questions that go with Module 2: A Working Life are:

1) How do you think work will help you?

Have More Money

Make New Friends

Be Healthier

Be Happier

Feel Better About Myself

Build Connections

Other Things:

Module 2 also helped you think about working for someone else (at a business) or working for yourself. The workbook has a chart that lists a few things for you to consider. You should put a star next to the descriptions in the chart that sound good to you.

Under working for a business you have that 'a schedule will be provided to you'. Under working for yourself you have 'make your own schedule'. You will look at those and decide which one sounds better and put a star next to one of those. Do the same thing for the next set. Either you 'make the same wage for each hour that you work' if you work for a business, or your 'wages depend on how much work you do or how much you sell if you are creating something for a business to sell'. The next one is 'the amount of money I make will be about the same each month' if you work for a business or 'the amount of money I make each month can change' if you have your own business. It's not as predictable. The next set is I 'follow directions from a boss at a job' or under work for myself I 'decide how much to work and when'. Last under work for a business you would be 'responsible for mainly your job and your job duties'. If you work for yourself you have 'responsibility for running the business or finding someone to help you'.

Once you put the stars in the chart total each side to see which one has the most stars. The one that has the most stars is the one that you might want to consider first. Either looking for a job at a business or thinking about starting your own business.