

## Module: Self Awareness

**Topic:** Selecting a Lifestyle

**Competency:** Students will identify five values that they consider important in making a career choice.

**Length:** One class period

**Objective:** Students will identify what is important to them and how their salary can affect the lifestyle they prefer.

**Materials:** Select A Lifestyle Sheet

### Description of Activity:

1. Everyone wants to be happy. But each person looks for happiness in a different way. Each wants his or her own kind of life. The way you spend your time is called *lifestyle*.
2. When we talk about lifestyle you usually think of the kind of house you live in, the car you drive, how much money you have for leisure activities, clothes, vacations, jewelry, etc. It also involves work, friends, and personal choices. Many of the things just mentioned may sound materialistic. Money is not the most important thing to everyone so it is important that you think about what you value and the kind of life you want to lead. You may have the opportunity for a high paying job but you have to travel all the time, the pressures are great, and you have little time to spend with your family. This may be just the ticket for some people but not others. You will spend most of your life working so you should choose a career that gives you the lifestyle you want. Salary, work hours, travel, and job responsibilities are examples of things that will impact your lifestyle.
3. In this activity students will look at one aspect of lifestyle. How will they financially support the lifestyle they want? The students will make some projections about their future lifestyle by completing the **Select a Lifestyle Sheet**.
4. Be sure to have students read the comment on taxes and insurance so they realize that from approximately 30-40% of their base pay goes for taxes and insurance before other expenses. Also, point out that the numbers are approximate and are used to make the point that the type of lifestyle you choose has a direct bearing on the salary you need to make.
5. Students should also be reminded that they may start out with an “A” lifestyle and can work up to a different level.
6. Remind students that not everything about lifestyle is related to money. As they are exploring careers, they should thoroughly research all aspects of a job to ensure that it

meets their needs.

**Evaluation:**

Students will be able to describe their future lifestyle and relate the importance of choosing an occupation that has the salary requirements necessary to achieve it. Students will also develop an awareness of other factors that will impact their lifestyle.

## SELECT A LIFESTYLE

Select A, B, or C in each category to choose the item that best describes the lifestyle you would like to have in your working future.

1. **Would you like to live in a house that has:**
  - A. 1 bedroom-900 sq. ft. \$700 a month
  - B. 2 bdrms-1,300 sq. ft. \$1,000 a month
  - C. 3+bdrms-2,000+ sq. ft. \$2,000 a month
2. **Will you drive a:**
  - A. 10+ year old car \$150 a month
  - B. 3-5 year old car \$300 a month
  - C. brand new car \$500 a month
3. **Will you have a cell phone:**
  - A. no \$0 a month
  - B. basic plan \$30 a month
  - C. unlimited minutes/options \$70 a month
4. **Will you have:**
  - A. basic cable \$30 a month
  - B. basic/plus movie channels \$70 a month
  - C. direct TV \$80 a month
5. **Will you have the Internet:**
  - A. no \$0 a month
  - B. dial up \$40 a month
  - C. high speed \$70 a month
6. **Groceries will cost:**
  - A. \$300 a month
  - B. \$700 a month
  - C. \$900 a month
7. **Will you dine out:**
  - A. hardly ever \$20 a month
  - B. 2-4 times a week \$100 a month
  - C. 5-10 times a week \$200 a month
8. **Will you go to the movies:**
  - A. once a month \$10 a month
  - B. twice a month \$20 a month
  - C. once a week \$40 a month
9. **Will you go clothes shopping:**
  - A. once a month \$50 a month
  - B. twice a month \$100 a month
  - C. five or more times a month \$300 a month
10. **Will you have other miscellaneous expenses:**
  - A. none \$0 a month
  - B. gym membership \$30 a month
  - C. concerts, etc. \$60 a month

You will spend approximately 25% of your total salary on taxes. Don't forget that you will have other expenses for car, property, and medical insurance-approximately 15%.

Your yearly salary should range:

If you chose mostly A's \$20,000-\$30,000

If you chose mostly B's \$40,000-\$60,000

If you chose mostly C's \$80,000-\$100,000

When exploring occupations, you should look for those with salaries that match your desired lifestyle. And, remember, you can always work up to the lifestyle you desire.