

- Name some other examples where information can be an important factor in how well you do something.
- How much power does information give you?
- How can we relate information to staying away from such things as alcohol, tobacco, drugs or sexual behavior?
- Who can you gather information from that will help you keep your body healthy?
- Are there times when you get information that is incorrect? What happens then?
- How can the wrong information hurt you?
- Explain this phrase "Knowledge is power."
- How does knowledge or information give you an advantage over others?

The idea for this activity was suggested by Verne Larsen. Thanks Verne!

RAT RACE

TOPIC AREAS: Career Choices, Goal Setting

CONCEPT: What do you want to be when you grow up? This question is asked a million times to every kid as they go through school. It may be disguised in different terms, but it is still the same question parents and teachers have been asking since the start of the industrial revolution. With so many occupations now available and training becoming more and more specialized for certain occupations, an early choice of careers can be helpful. More important than that, a career choice can help motivate youth to set goals and work towards their goals rather than engaging in harmful behavior that would circumvent them from reaching those goals.

The choice of a job is also important because of the time that you will spend doing it each day. Most people spend more time on their job than any other activity during a week. Much of your satisfaction in life will come from how much you enjoy your job.

METHOD: Classroom activity

TIME NEEDED: 30 minutes and discussion time

MATERIALS NEEDED:

- 1 set of newspaper classified ads, employment section, for every two people (The classified ads do not have to be identical for each pair)
- Writing paper, pencil or pen for each pair

ACTIVITY: Have everyone choose a partner. Give each pair a pen or pencil, one piece of writing paper and a set of classified ads, which show the employment opportunities, from the newspaper. Explain that each of them are to select three jobs from the paper which they think would be interesting jobs.

After they select the three jobs, have them discuss with each other the following discussion questions relating to those jobs. This will give them a chance to verbalize their career interests and to describe those interests to someone else.

DISCUSSION QUESTIONS:

- What kind of education would you need to have to be hired for this job?
- Does this job pay a low wage, an average wage or a high wage?
- Why would this job be enjoyable?
- What part of this job would be not so enjoyable?
- What would be the hardest part of this job?
- Is this the kind of job you could do for the rest of your life? Why or why not?

Once they have finished discussing these questions for their three selections with each other, have them each decide on one of their selections that they will share with the entire group. When they present their job selection, have them use the discussion questions as an outline.

DISCUSSION IDEAS:

- How easy was it to select a job? Explain.
- What were you looking for when you were deciding on a job selection?

- What makes one job a good one and another job a bad one?
- How important is it to get a job that you enjoy doing?
- What happens if you get a job and hate going to work everyday?
- What role does education play in the choice you have of a job?
- Are some jobs more important than others? Why or why not?
- How can knowing your career choice help you in setting goals for yourself?
- How can using alcohol, tobacco or other drugs hurt your chances of getting the job that you want?
- How can behaviors such as sexual activity or gang membership hurt your chances of getting the job that you want?
- How can other people help you decide what career would be a good one for you?
- How can other people help you reach your career goals?
- Should other people choose your career for you? Why or why not?
- Once you have chosen a career, what can you do if you end up not liking it?

Rat Race

1 2 3

What kind of education would you need to have to be hired for this job?

Does this job pay a low wage, an average wage or a high wage?

Why would this job be enjoyable?

What part of this job would be not so enjoyable?

What would be the hardest part of this job?

Is this the kind of job I could do for the rest of my life?