

What Makes a Good Job?

This activity is created to help you reflect about the elements of a good job and how you feel about how much control you have over your own job. *(Keep this worksheet in your Healthy Healer folder as we will refer to it later in the course.)* There are three parts to this activity:

Part 1: What Makes a Good Job?

According to a study at the University of Michigan, the following elements make a good job:

Salary	Job benefits	Job security
Opportunity to advance	Work hours	Work feels meaningful
Working conditions	Flexibility	Variety
Supervisors – supportive, fair	Co-workers – good supportive relationships	Opportunity to help others
Allows for balance of work and home life	Fits your personality	Job is interesting and absorbing
Other	Other	Other

- a. After reviewing the list of what makes a good job, circle the 3 elements that are most important to you.
 - b. What would you add to this list? Add those elements in the bottom row.
2. Think about the following questions, we will discuss them during our weekly class session:
- a. Does your job as a tribal health provider meet your definition of a good job?
 - b. Yes or No? If not, what would make it better?

Reference:

Chao, G. and Gardner, P. (2007) *Important Characteristics of Early Career Jobs: What Do Young Adults Want?* Michigan State University
<http://ceri.msu.edu/publications/pdf/JobChar4-16.pdf>

Part 2: What Makes a Good Job? (Locus of Control)

Complete after reading the section on *locus of control* in the course

What Makes a Good Job?	
<ul style="list-style-type: none"> Put a Y (yes) in the box to identify the items you <u>can</u> control or change. Put an N (no) in the box to identify the items you <u>cannot</u> control or change. 	
Elements That Make a Good Job	Can I control or change this?
Salary	
Job Benefits	
Job Security	
Opportunity to advance	
Work Hours	
Working Conditions	
Co-workers - good supportive relationships	
Supervisors - supportive, fair	
Work feels meaningful	
Flexibility	
Variety	
Opportunity to Help Others	
Allows balance of work and home life	
Fits your personality	
Job is interesting and absorbing	
other	
other	

You will be asked to talk about your answers and reflections about this activity during our weekly class session.

Part 3: What Makes a Good Job? (Reframing activity)

Complete after listening to the story and reading the reframing section in the lesson.

- Go back to the table: *What Makes a Good Job*, in Part 2.
 - Review the elements of good job you believe you have control over. Some you marked with a 'Y' others you marked with a 'N'.
 - Think about where you fall on the locus of control range in relationship to your job – overall.
 - Now, think about what you can control, by changing your perspective or attitude. Put a ★ next to those items.
- As a result of doing this activity what insight have you gained about your job? Describe in your eJournal:
 - What are the three job elements most important to you?
 - What are elements you marked with a ★? Which one are you willing to try to change?
 - Reflect upon this question: How do I contribute to my own unhappiness at work and what can I do to change it? Describe what you can do to change some of the unhappiness you feel at work.