



# Get a Life

Student Edition





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## Overview

*Get a Life* is a game about college and career awareness. It is designed to help you explore how a person's choices after high school can affect their future.

These activities utilize the K20 Game-Based Learning program *Get a Life*. If you don't already have access to *Get a Life* or other K20 games, your parents can register for a free account at [k20center.ou.edu/getgames](http://k20center.ou.edu/getgames). If you already have access to K20 Center games, refer to the K20 Game Portal Guide if you need help adding *Get a Life* to your account.

After you complete an activity on your own, discuss the activity with a parent or guardian. They have been provided some questions to help start the discussion.

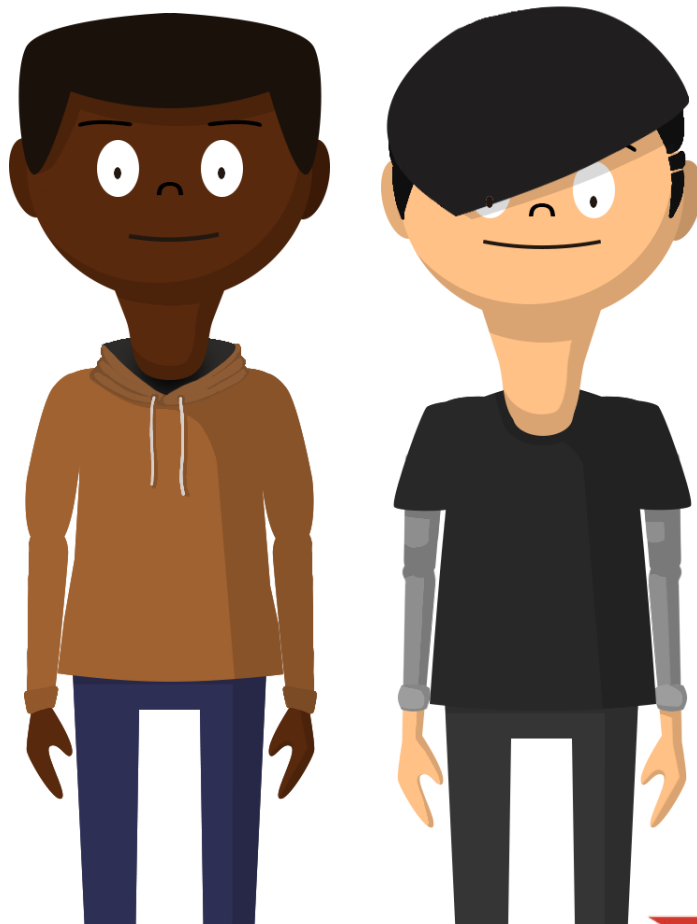




## Your Role as a Student

Your role as a student is to have fun, think about what college you might want to attend and what career you might want to pursue, and strike up a conversation with your parent or guardian about it. You can play *Get a Life* on its own. The game is a lot of fun and will teach you a lot, but the activities here will add a lot to that experience.

As you play through *Get a Life*, remember to try as many different careers and choices as you can. Try out things you never thought about and see what happens. As you go through the activities, remember that it is ok if you don't know the answer or what you want to be when you grow up. This is all about starting that conversation and thinking about what those choices might mean for you in the future.





## Activities



### Activity One – What Do You Know about Getting a Life?

*Get a Life* is a fun way to start thinking about your future college and career choices. The careers, degrees, and expenses in *Get a Life* are all real. Some of the choices are a little silly, but they aren't too different from the kinds of choices people have to make every day. This activity is all about how the choices you make in the game might relate to your real-life future.

Print out the “Character Activity Sheet.” Pick out a career you'd like to pursue and the college you'd like to attend. If you're unsure which college you might want to attend, take a moment to look for local colleges or universities in your area and explore their websites, or go on a virtual campus visit [here](#). In the search bar, type “Oklahoma” or filter by state to see only universities in Oklahoma.





## Activity One – What Do You Know about Getting a Life?

A few career options to consider from OK Works “Critical Occupations for 2018–2020” are:

- Software Developer
- Electrical Technician
- Teacher
- Physician
- Accountant
- Registered Nurse
- Mechanic
- Oil and Gas Derrick Operator

Then, answer the six questions on the right side of the sheet. It’s ok if you don’t know the answers to all the questions. Just make your best guess. You’ll be able to talk about these or do more research later.

**GET A LIFE**

NAME: \_\_\_\_\_

ACT: \_\_\_\_\_

CAREER \_\_\_\_\_ COLLEGE \_\_\_\_\_

1. HOW MUCH DO YOU EXPECT TO BE PAID FOR THIS JOB? \_\_\_\_\_

2. DO YOU THINK THIS IS HIGHER OR LOWER THAN THE AVERAGE INCOME? \_\_\_\_\_

3. WHAT KIND OF EDUCATION DOES THIS CAREER REQUIRE? \_\_\_\_\_

4. HOW WILL THIS CAREER AFFECT YOUR LIFE OUTSIDE OF WORK (TIME WITH FAMILY/FRIENDS, GOOD HEALTH, PERSONAL FULFILLMENT)? \_\_\_\_\_

5. HOW WILL THIS CAREER ENABLE YOU TO HELP SOCIETY OR YOUR COMMUNITY? \_\_\_\_\_

6. WHAT ELSE WOULD YOU LIKE TO KNOW ABOUT THIS CAREER? \_\_\_\_\_

Next, play through at least one character’s life (*Get a Life* contains 10 characters). The first playthrough usually takes the longest. After you’ve completed at least one character, it’s a good time to have a conversation with your parent or guardian about what you experienced in the game and whether you’ve changed their mind about any of the answers on the “Character Activity Sheet.”



# GET A LIFE

1. HOW MUCH DO YOU EXPECT TO BE PAID FOR THIS JOB?

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2. DO YOU THINK THIS IS HIGHER OR LOWER THAN THE AVERAGE INCOME?

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3. WHAT KIND OF EDUCATION DOES THIS CAREER REQUIRE?

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4. HOW WILL THIS CAREER AFFECT YOUR LIFE OUTSIDE OF WORK (TIME WITH FAMILY/FRIENDS, GOOD HEALTH, PERSONAL FULFILLMENT)?

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5. HOW WILL THIS CAREER ENABLE YOU TO HELP SOCIETY OR YOUR COMMUNITY?

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6. WHAT ELSE WOULD YOU LIKE TO KNOW ABOUT THIS CAREER?

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NAME:

A large, empty rectangular box with a thick, dotted orange border. Inside the box is a simple line drawing of a person's head and shoulders, facing forward, intended for a drawing or a name.

ACT:

A solid green rectangular box with rounded corners, intended for writing an action or activity.

CAREER

A large, empty rectangular box with a purple border and a dotted pattern. It is intended for writing information about a career.

COLLEGE

A large, empty rectangular box with a blue border and a dotted pattern. It is intended for writing information about college.

COLLEGE





## Activities

### Activity Two – How to Get a Job You Love

Many people don't really know what makes a career truly fulfilling. In this activity, we'll start a conversation about what it really means to have a job you'll love.

Go ahead and play through another character in *Get a Life*.

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**HOW TO GET A JOB YOU LOVE (WHAT THE RESEARCH TELLS US)**

**LIFE AT WORK**

"What do you do?" Chances are, you'll be asked this question a lot when you grow up.

Adults spend about a third of their lives at work, so their happiness at work affects how happy they are when they are not at work (Hobler, Watson, & Miles, 2004). We all want to have happy lives, so planning for a bright future should include planning for a satisfying career.

**LOVING YOUR JOB**

But what makes a job satisfying? It has more to do with how you feel about your work, not just how much money you make. It's not just about the money, it's about how you feel about your work. Research shows that a job's salary doesn't affect job satisfaction and happiness very much (Judge, Podsakoff, Shown, & Roth, 2016). And, it turns out that more difficult jobs are long as they aren't too stressful—they actually make you happier (Judge, Knight, & Semm, 2013). This is because challenging jobs are more interesting.

You may have heard the saying, "Follow your passion," meaning that you should do something you care about. It isn't that simple, though. People's passions change. It's better to grow and develop strengths over time. Focus on discovering a range of interests instead of following your current passion (O'Keefe, Dweck, & Walton, 2018).

**JOB FIT**

One group of researchers talked with almost 10,000 people and found the one thing that mattered most to their job satisfaction was "job fit" (Mee, Yao, Curson, & Liang, 2018). This means that if someone believes that their skills, abilities, and education fit their job, they'll feel successful and happier overall. So, education is an important part of job fit. Making the skills and training needed to do a job means that people are more likely to be successful and, therefore, satisfied.

**DREAM JOB**

Other reasons for job happiness include doing work that helps others, working with people you like, job security, a short commute, having good hours, and receiving fair pay (Duda, 2016). But, the most important factor of job satisfaction is that a job is engaging, meaning you find it challenging, interesting, and enjoyable.

A lot of things contribute to job satisfaction and affect happiness. It is more for each to start exploring their strengths and interests to discover careers that suit them. Then, you can figure out the kinds of training each of those careers would need and choose the path that makes the most sense to you. As long as you're open-minded and willing to explore, finding a "dream" job can become your reality.







## Activity Two – How to Get a Job You Love

Then, print out the “How to Get a Job You Love” sheet on the next page of this document, and read through it. While you read, highlight at least three ideas in the article that you think are the most interesting and note in the margins why you highlighted those ideas. When you’re done, take some time to discuss what you highlighted and why. What was important to them about what you highlighted? Did you learn anything new?



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## HOW TO GET A JOB YOU LOVE

(WHAT THE RESEARCH TELLS US)

### LIFE AT WORK

“What do you do?” Chances are, you’ll be asked this question a lot.

Adults spend about a third of their lives at work, so how happy they are at work affects how happy they are when they are not at work (Heller, Watson, & Iltis, 2004). We all want to have happy lives, so part of planning for a bright future should be planning for a satisfying career.



### LOVING YOUR JOB

But what makes a job satisfying? Is it how much money you make? Are easier jobs more satisfying? If you enjoy the work, will you be happier? Research finds that a job’s salary doesn’t affect job satisfaction and happiness very much (Judge, Piccolo, Podsakoff, Shaw, & Rich, 2010). And, it turns out that more difficult jobs—as long as they aren’t too stressful—are actually more satisfying (Fullager, Knight, & Sovarn, 2013). This is because challenging jobs are more interesting.

You may have heard the saying, “follow your passion,” meaning that you should do what you have fun doing. It isn’t that simple, though. People’s interests change. It’s better to grow and develop strengths over time and focus on discovering your interests instead of following your current passion (O’Keefe, Dweck, & Walton, 2018). After all, are you interested in the same things now that you were a few years ago?

### JOB FIT

One group of researchers talked with almost 10,000 people and found that the one thing that mattered most to their job satisfaction was “job fit” (Iltis, Yao, Curseu, & Liang, 2018). This means that if someone believes that their skills, abilities, and education fit the job they’re doing, they’ll feel successful and happier overall.

The people who were happiest with their jobs felt that they could do it well, and so they felt satisfied from being successful. Not surprisingly, education was an important part of job fit. Having the skills and training needed to do a job meant the workers were more likely to be successful and, therefore, satisfied.



### DREAM JOB

Other reasons for increased job happiness includes doing work that helps others (clergy members, firefighters, and teachers, for example), working with people you like, as well as having good hours, job security, a short commute, and receiving fair pay (Duda, 2016). But, researchers found that the most important factor of job satisfaction is that a job is engaging, meaning you find it challenging, interesting, and enjoyable.

A lot of things contribute to job satisfaction and influence happiness. It is never too early to start exploring your strengths and interests to discover careers that may fit you. Then, you can investigate the kind of training you’ll need and figure out which makes the most sense to you. As long as you’re open minded and willing to explore, you can make having one of these “dream” jobs your reality.



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## Activities



### Activity Three – Challenge Accepted

In this activity, you'll explore what “getting a life” could look like in a variety of situations and maybe even learn about some new and interesting careers.

**TRADESMAN**

Complete the game after going to technical school.

**LOADED**

Complete the game with a high savings level.

**ALUMNI**

Complete the game with a bachelor's degree.

**LEGEND**

Complete the game with a high civic level.

**BALLER**

Complete the game with a high comfort level.

**SPEED RUN**

Complete the game without going to college.

**MILLIONAIRE**

Complete the game with more than \$1,000,000 in savings.

**KNOW IT ALL**

Complete the game with a Doctorate degree.

**OFF THE GRID**

Go off the grid and still complete the game.

Print out the “Achievement Sheet.” Mark off any achievements you’ve done already. Then, play through *Get a Life* while trying to check off as many achievements as possible. When you’re done, have a conversation with your parent or guardian about what you experienced.

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# ACHIEVEMENTS



## TRADESMAN

Complete the game after going to technical school.



## LOADED

Complete the game with a high savings level.



## ALUMNI

Complete the game with a bachelor's degree.



## LEGEND

Complete the game with a high civic level.



## BALLER

Complete the game with a high comfort level.



## SPEED RUN

Complete the game without going to college.



## MILLIONAIRE

Complete the game with more than \$1,000,000 in savings.



## KNOW IT ALL

Complete the game with a Doctorate degree.



## OFF THE GRID

Go off the grid and still complete the game.



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