WORKVIEW REFLECTION (approx. 150 words)

A "workview" addresses the critical issues related to what work is and what it means to you. It is not just a list of what you want from or out of work, but a general statement of your view of work, your definition for what good work deserves to be. This is not *what* work you want to do, but *why* you work. Consider the following questions:

- Why work?
- What's work for?
- What does work mean?
- How does it relate to the individual, others, society?
- What defines good or worthwhile work?
- What does money have to do with it?
- What do experience, growth, and fulfillment have to do with it?

Still unclear on the exercise? Stuck? Read on for more details on the second page....

For students and alumni, this might be a new idea. When people get stuck on this exercise, they tend to just write what they're looking for in a job or an employment situation, which is a fine thing to understand but is not a workview (or "theory of work").

What we're after is your philosophy of work - what it's for, what it means. It's essentially your work manifesto. When using the term "work" we mean the broadest definition - not just what you do to make money or for "a job". Work is your active engagement with the world and can extend well beyond a narrow definition of job or labor or even career. Work is the largest single component of most people's waking lives. Over a lifetime it occupies more of our attention and energy than any other single category. Accordingly we're suggesting you take the time and reflection to articulate what work and vocation mean to you (and perhaps what you hope it means for others as well).

People's workviews range widely in what they address and how widely they incorporate issues related to service, others, the world, standard of living, growth, learning, skills/talents, etc. We want you to address what you think is important (ie: the questions listed above). While not prescribing that you address the question of service to others/the world or explicit connection to social issues or your higher values. Martin Seligman, pioneer of Positive Psychology, found that the people who do make an explicit connection between their understanding of work in general, and a job or role in particular, are more likely to find satisfaction and meaning in their work and are more enabled to adapt to the inevitable stresses and compromises that come with being engaged in the world. Since satisfaction and meaning-making are things most of our students tell us they long for, we encourage you to explore those questions.