Read the following definitions\* of terms related to career development:

**work**

A set of activities with an intended set of outcomes, from which it is hoped that a person will derive personal satisfaction and contribute to some greater goal. Work is not necessarily tied to paid employment but to meaningful and satisfying activities (e.g., volunteer work, hobbies).

**job**

A set of tasks that take place in a particular environment. Jobs may be paid or unpaid, part-time or full-time, and of short or long duration.

**occupation**

A group of similar jobs found in different industries or organizations.

**career**

A lifestyle concept that involves the sequence of work, learning, and leisure activities in which one engages throughout a lifetime. Careers are unique to each person and are dynamic, unfolding throughout life. Careers include how persons balance their paid and unpaid work and personal life roles.

The following table\*\* gives some examples to help you to distinguish between jobs and occupations.

|  |  |
| --- | --- |
| **Sample Titles** | **Category** |
| Restaurant server | Occupation |
| Prime Minister of Canada | Job |
| Family physician at the North End Clinic in Halifax | Job |
| Maintenance worker | Occupation |
| Computer software designer at Expert Works in Calgary | Job |
| President of University of Manitoba in Winnipeg | Job |