

Understanding Terms

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, etc.).

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

*Source: Canadian Standards and Guidelines for Career Development Practitioners. *Code of Ethics 2004*. <www.career-dev-guidelines.org/career_dev/> (23 July 2007). Reproduced with permission.

**Source: de Schiffart, Clarence. "Samples and Definitions." *Blueprint for Life/Work Designs Implementation Guide*. Lorraine Haché and Clarence de Schiffart. Ottawa, ON: National Life/Work Centre, 2002. Appendix A6. Adapted with permission of the National Life/Work Centre.