Personal discussion: Careers and happiness

**Important tip #1:** Have fun! **Important tip #2:** Listen respectfully. **Tip #3:** It’s okay if you don’t have time to do ALL the questions.

# Discussion questions

1. ‘The Social Science Guide to Picking a Career You'll Love’ identifies only a weak relationship between pay and job satisfaction. How much do you take salary into account when you’re considering your future career?
2. The article goes on to state (and Chelsea agrees) that simply following your interests is not a good path to satisfying work. Does this information surprise you? How much do your interests align with your future job aspirations?
3. Finding supportive colleagues is listed as an essential part of having job satisfaction, and there’s an old saying that your workplace is your second family. Have you had any work experiences where you had good or bad colleagues, and how did that affect your perception of the job?
4. A recent survey found that most millennials listed the following as their top life goals: wealth, fame, and high achievement. Have any of these ever been your goals? Explain.
5. The Harvard study found that it is not the quantity of relationships that matters, but the quality that determines our well-being, to the point that loneliness consistently leads to illness and an early death. Were you aware that long-term loneliness is so toxic? Explain.
6. Robert Waldinger concludes by saying, ‘What we’d really like is a quick fix, something that we can get that’ll make our lives good…but relationships are messy, and they’re complicated.’ Have you ever stopped to consider all the relationships you have in your life and where you would situate them on a scale that ranges from ‘high conflict’ to ‘warm and protective’? Is this something you want to do?

***Please note, Jordan Peterson’s opinion is somewhat controversial. It is perfectly fine if you disagree with some of his arguments. Please be respectful with your teammates if your opinion also differs from theirs.***

1. Most of Jordan Peterson’s audience are men. And he believes that young men are hungry for responsibility, in a world where responsibilities for women are more socially clear. How do you feel about Jordan Peterson’s point of view?
2. In your society, how do roles for men and women represent themselves? And how do you think these “expected roles” have or will influence your choice of career path, or the career path of your partner?
3. In a society that we now see as more equal in general, can you name any careers that still have imbalances in the proportion of men to women, or women to men, and what societal opinion or attitude do you think needs to change in order to encourage a shift in this imbalance?
4. Chelsea tells us that most jobs are never posted, and networking is key to finding these jobs. Have you gotten a job before through networking? Have you thought about how to network in the future to find jobs? Explain.
5. Have you ever had an especially good or bad job interview experience? What caused it to go so well or poorly? Explain.
6. Chelsea says that we shouldn’t be afraid to negotiate our salary once we’re offered a job. Have you ever negotiated salary, vacation, benefits, or the hours of a job? Were you successful? Explain.