Lasell College Career Services
Working Conditions

Sometimes what is as important in our job is not what we are doing, but where we are doing it and what environment we are doing it in. We cannot always get everything we want in a job, but it is helpful to determine our priorities.

Directions: Print the sheet, complete the exercise and then record your reflections in a career exploration/planning notebook. Consider each factor. Mark each item with a 1-3
1 = something that you absolutely must have in your job
2 = something that you would like in your job, but might compromise on
3 = something that is not important to you

____ Advancement
____ Cafeteria
____ City/Urban area
____ Clear responsibilities
____ Competitive
____ Creative environment
____ Day care facilities
____ Deadlines
____ Fast pace
____ Flexible hours
____ Frequent travel
____ Good benefits
____ Health Insurance
____ Indoors
____ Job security

____ Large corporation
____ New challenges
____ Nice offices
____ Non profit
____ On job training
____ Outdoors
____ Overtime
____ Paid vacation
____ Parking
____ Pension plan
____ Private office
____ Profit sharing
____ Reasonable hours
____ Recreational facilities
____ Relaxed atmosphere

____ Rural area
____ Short commute
____ Sick leave
____ Small business
____ Structured tasks
____ Variety
____ Windows
____ With people
____ With the public
____ Work independently
____ Work with a team
____ Work with people your age
____ Other

Reflection: In a career exploration/planning notebook record your thoughts in response to the following:

• Looking at the items that you have marked as a “1” priority, what does it show about your work condition preferences?
• Do these preferences fit with the field you are interested in?

Summary: In your notebook, make a list of your top 5 most important working conditions.