

Using the Job Crafting Exercise to Craft Your Life as a Student

- Your life as a full-time student is similar to having a full-time job in that both of these roles mean that you are expected to carry out an assigned set of tasks. In addition, just as employees often have degrees of freedom in how they think about and perform their jobs, you have flexibility in choosing how you approach your life as a student. So, you can craft your life as a student in much the same way as full-time employees can craft their jobs.
- Although the Job Crafting Exercise is intended to help employees redesign their lives at work, the same instruction booklet can also help you identify opportunities to craft your life as a student to be more engaging and fulfilling. This document will help you do just that by providing you with examples of each stage of the exercise from a student named Emily (to supplement Dr. Hanson's examples from the instruction booklet).
- As a general rule, throughout the exercise, think about "tasks" as both the academic and extracurricular activities that you do in a typical week.



Please Note: This document is a supplement to the Job Crafting Exercise instruction booklet (pictured to the left) and not intended to be a stand-alone resource. Job Crafting Exercise instruction booklets can be purchased at: www.jobcrafting.org.

●●●●● **PART 1: Emily's Before Sketch** ●●●●●

Note: Emily's Before Sketch includes both the academic and extracurricular activities that she does on a weekly basis in her life as a student.

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">MOST AMOUNT OF TIME, ENERGY & ATTENTION</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Required reading</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Studying for exams</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Writing papers</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>						
	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">MEDIUM AMOUNT OF TIME, ENERGY & ATTENTION</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Weekly homework assignments</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Group project</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Marketing Club meetings</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>			
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">LEAST AMOUNT OF TIME, ENERGY & ATTENTION</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Reading for pleasure</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Going to professors' office hours</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Applying to summer jobs</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p> <p>Intramural soccer</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TASK</p>
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●●●●● PART 2: Emily's After Diagram ●●●●●

Note: Emily's After Diagram depicts a more ideal (but still realistic) version of her life as a student.

- Rather than thinking about her motives, strengths, and passions with respect to a job, Emily has listed the outcomes she would like to achieve (motives), the personal assets she could utilize (strengths), and the activities or topics that most interest her (passions) in her life as a student.
- Notice that Emily wrote notes in parentheses in several of her Task Blocks, switched "Reading for pleasure" and "Applying to summer jobs" from small to medium blocks, and added the task of "Attending free campus events and lectures."

