



Vocational Wellbeing

1. Vocational wellbeing entails finding personal fulfilment and satisfaction in our study and work and maintaining a balance between study, work, and personal leisure time. Work refers to paid and volunteer work. To promote vocational wellbeing we need to be pursuing an occupation that utilizes our strengths, skills, and gifts and aligns with our values and interests.

2. When we are studying and working, we need:

- To be able to manage work stressors and obligations
- To maintain positive relationships with fellow coworkers
- To be recognised
- To be appreciated



5. Maintain vocational wellness by:

- Maintaining a balance between study, work and personal life
- Making sure our interests, skills, and abilities fit with the study program we are enrolled in and the work we do
- Talking with others who work in the industry we are working towards and have interests and values that align with ours
- Looking for a mentor to guide us through requirements and obstacles in our chosen career
- Keeping active when studying and working
- Working towards a career that is personally rewarding
- Looking for opportunities for professional development within our chosen career that is outside of our study program
- Putting aside our study and work pressures and enjoy relaxing activities
- Engaging in a volunteer position as voluntary work has been linked with better health outcomes



3. Did you know our study and work can:

- Offer opportunities for social engagement
- Help us feel valued
- Develop new skills
- Provide a sense of achievement
- Enhance our sense of self and identity
- Foster a feeling of belonging
- Promote financial stability

4. Vocational wellbeing is associated with:

- Greater productivity and enthusiasm in our study and work
- Less absences from classes and work
- Better physical health
- Happiness in personal life

