

# learn the “high five” principles

In reality, many people entering the workforce today can expect to have jobs in several occupations in a variety of industries throughout their working lives. Career experts now say that determining your future is not so much about choosing the “right” occupation; instead, it’s about learning principles that will help you make choices that lead to a fulfilling lifestyle. Known as the “High Five,” these principles are a way of thinking about and preparing for your future.

- **Change is constant.** We change constantly, and so does the world around us. A single occupation will no longer take us from the beginning to the end of our working lives, so adaptability is an important skill.
- **Learning is ongoing.** Graduating doesn’t mean your education is complete. Opportunities to learn are everywhere! Look for them and make learning a lifelong experience.
- **Focus on the journey.** Traveling through life is like driving — having a destination provides direction, but most of the time is spent watching the view. Pay attention to the journey, with its unexpected pleasures and occasional detours.
- **Follow your heart.** Dreaming about your future can help you understand what you want in life. Dealing with challenges will be easier if you remember what inspires you.
- **Identify your allies.** You don’t have to figure out life all by yourself. Friends, family, teachers, neighbors — they can all be willing allies to help you decide what steps to take.

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## Activate your imagination

Try some of the following activities to develop your powers of creative thinking.

### Create an inspiration board.

Use pieces of fabric, magazine images, news headlines, and CD covers with the same theme. Look for connections between words and images.

### Hit the magazine rack.

Choose 10 magazines you wouldn’t normally buy and scan them for material that intrigues you. Who knows? A needlepoint magazine might hold the key to a video project.

**Listen to a symphony.** Classical music has been proven to clear the mind, relieve stress, improve focus, and generally stimulate the brain.

**Tell your family history.** Go to [www.storycorps.net](http://www.storycorps.net) for a StoryKit to tell your family’s history. (All submissions will be archived at the American Folklife Center of the U.S. Library of Congress.)

**Keep a design notebook.** Start looking at the ways your environment is designed — from the family car to your furniture and kitchen utensils. Note designs you think are unusual and effective; also keep track of designs that don’t work, noting what you might do differently.

Source: *Daniel Pink, A Whole New Mind.*