

Attitude

Mini-Lesson Standards: (1) Demonstrate appropriate social behaviors. (2) Interpret verbal and nonverbal messages correctly. (3) Assess self accurately, set personal goals, monitor progress.

Mini-Lesson Correlations: Employability, Interpersonal Relationships, Communication.

Attitude is Everything

Employers say that the most important consideration during a job interview is attitude. And according to recent research, the biggest reason people lose their jobs is a poor attitude. One employer says, "Attitude is more important than how smart you are or how well you use your technical skills. If you have a chip on your shoulder, act like a know-it-all, or can't get along, you bring too much baggage to the job. I'll keep looking until I find an employee with a better attitude."

Attitude is the general feeling you communicate to other people—the signals you give off. What attitudes do you think the speakers on the next page are demonstrating? Match the phrases in Column 1 with the attitudes in Column 2.

Attitude is Everything (continued)

Column 1

- ___1. It's not my fault!
- ___2. I'll keep trying until I get this right.
- ___3. I don't think they like me.
- ___4. I'll never be as good as they are.
- ___5. I'm the best!
- ___6. Things are going to be okay.
- ___7. I do the least I can to get by.
- ___8. My boss is a jerk!

Column 2

- a. Disloyalty
- b. Perseverance
- c. Unmotivated
- d. Arrogance
- e. Defensiveness
- f. Optimism
- g. Insecurity
- h. Inferiority

Attitudes are Contagious

Co-workers and other people around you react to your attitudes. If you display aggressive or hostile behavior, they may shrink away. Or if you're a complainer or a gossip, they may choose to be around more positive people. If you are cheerful, show optimism, and are cooperative, they will be drawn to you.

Read Janelle's story below. What effect do you think Janelle has on the people around her? Will the outcome of the picnic be influenced by her behavior? If so, how? Write your comments in the space provided.

Attitudes are Contagious (continued)

Janelle's Story

Janelle is part of a team that is planning her company's spring picnic. She has set ideas on where she thinks the picnic should be held, what time everyone should get together, when the food should be served, where the games should be played, and which songs the band should perform. When her teammates offer other ideas on any of these topics, she raises her voice, appears annoyed, and tries to get her way. Finally, she makes a comment, "If all of you are so smart, you don't need me. I don't think I want to be on this team anymore."

Janelle's effect on her team:

Picnic outcome affected? _____ Yes _____ No

If you believe the picnic will be affected, explain how. If you do not, explain why not.

Attitude and Your Career

Write the name of your dream job on the line below. Then list two positive and two negative attitudes and write a sentence describing how having that attitude would affect your relationships with your co-workers.

Dream job name		
Positive attitude	Effect on co-Workers	Effect on supervisor
1. <u>Energetic</u>	<u>My co-workers would be</u> <u>motivated by my energy.</u> <hr/>	<u>My supervisor would</u> <u>like that I was trying</u> <u>hard to do a good job.</u> <hr/>
2. _____	_____ _____ <hr/>	_____ _____ <hr/>
3. _____	_____ _____ <hr/>	_____ _____ <hr/>

Attitude and Your Career (continued)

Negative attitude	Effect on co-Workers	Effect on supervisor
1. <u>Pessimism</u>	<u>My co-workers wouldn't</u> <u>want to be around me.</u> _____ _____	<u>My supervisor would think</u> <u>I was a bad influence on</u> <u>my co-workers.</u> _____ _____
2. _____	_____ _____	_____ _____
3. _____	_____ _____	_____ _____