**S.W.E.A.T. Pledge #2: The Pursuit of Happiness**

**STUDENT:** Watch the Mike Rowe S.W.E.A.T. (Skill & Work Ethic Aren’t Taboo) video: “The Pursuit of Happiness” at <https://www.mikeroweworks.org/sweat/>.

• Write your responses to the following questions, prompts, and/or scenarios to demonstrate your understanding of the essential skill of Perseverance. *For example: State examples from the video and from your life experiences that explain how Perseverance affects school, work, and life challenges.*

• Participate in a class discussion of the questions, prompts, and/or scenarios. Use your responses as input to the discussion.

**TEACHER:** Conduct a class discussion of the IEES questions, prompts, and/or scenarios. Discuss how your courses provide opportunities to exhibit perseverance as well as rejection in the workplace.

**ADDITIONAL RESOURCES to extend, enhance discussion**:

1. TREES Career Guide for Students

2. Ethics and Compliance Toolkit at <https://www.ethics.org/resources/free-toolkit/>

3. U.S. Bureau of Labor Statistics at <https://www.bls.gov/>

4. Fast Company, “I interviewed 500 happy people. Their habits will transform your day” at <https://www.fastcompany.com/90633263/i-interviewed-500-happy-people-their-habits-will-transform-your-day>

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| Q1. What is the difference between “happiness” and the “pursuit of happiness?” |  |
| Q2a. What does it ‘look like’ when a job makes a person happy? |  |
| Q3a. Being rejected for a job would feel like …  Q3b. What would you do if you were fired from a job? |  |
| Q4. Describe how ‘perseverance’ is a good quality to have during a job search? |  |
| Q5. Two jobs that would make me happy at work are … |  |

**IEES Framework Alignment**

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| PERSONAL ETHIC | Integrity, Respect, Perseverance, Positive Attitude |
| WORK ETHIC | Dependability, Professionalism |
| TEAMWORK | Critical Thinking, Effective & Cooperative Work |
| COMMUNICATION | Active Listening, Clear Communication |