**S.W.E.A.T. Pledge #7: Cheerfully Volunteer for Every Crappy Job**

**STUDENT:** Watch the Mike Rowe S.W.E.A.T. (Skill & Work Ethic Aren’t Taboo) video: “Cheerfully Volunteer for Every Crappy Job” 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 Positive Attitude. *For example: State examples from the video and from your life experiences that explain how Positive Attitude 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 positive attitude and cheerfulness in the workplace, no matter the job.

**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. Happiness at Work website, “The Difference Between Happiness at Work and Job Satisfaction,” at <https://www.happinesswork.eu/difference-between-happiness-at-work-and-job-satisfaction/>

4. Positive Psychology website, “Happiness at Work: 10 Tips for How to be Happy at Work,” at <https://positivepsychology.com/happiness-at-work/>

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| Q1a. Describe a time you were cheerful doing a “crappy job.”Q1b. A high level of job satisfaction means … |  |
| Q2a. The most-positive co-worker I know is …Q2b. The most-positive teacher I know is …Q2c. The most-positive family member I know is … Q2d. List 3 reasons you selected these people. |  |
| Q3a. You are the boss. Describe how important it is that your employees have a positive attitude on the job? |  |
| Q4.  |  |
| Q5.  |  |

**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 |