

## Career development definitions

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### Career

A career is the sum of our work activities—at home, at work, at school and in our communities. A career includes the time we spend at our paid job. It includes taking care of a home and looking after children or the elderly. It includes volunteer activities and the time we spend learning new things.

### Occupation

An occupation is a group of similar jobs for which people usually have to develop skills and knowledge. An occupation is a specific category of work. A person can have several jobs within an occupation. They can adapt their knowledge and skills to a variety of positions. Examples of occupations include: electrician, engineer and teacher.

### Job

A job is a position a person holds that has specific duties. For example, your occupation may be food and beverage server while your job is serving tables at the Moosehead Restaurant. People usually change jobs more often than they change occupations.

### Industry sectors

Industry sectors are groups of companies engaged in similar types of activities, producing similar goods and services. Some occupations exist in only one industry sector, but other occupations, like sales representatives and personnel managers, exist across industry sectors. Alberta has 18 major industries.

Think about the occupation you are interested in. What industry sector does it fit? What trends are having an impact on Alberta industries? How will that affect demand for occupations in these industries?

To find out more about Alberta's major industries and the trends impacting Alberta industries and occupations, check out Alberta Careers Update 2004, listed under further reading on Step 2 of CAREERinsite.