

5.2.12: Introduction to Professional Skill Building

What you'll learn to do: Discuss how to gain skills necessary for professional life

There is no doubt that a huge percent of life is spent at work. If you were to work forty hours a week and live to seventy years old, thirty-five percent of total waking hours of your life would be spent at work.^[1] Considering how much time is spent in a work environment, you want to be sure you have the right skills and mindset to make the difference between “going to work” and “having a career.” This module discusses ways to develop and demonstrate skills for an enjoyable career. To start the discussion, the module examines career skills, transferable skills, and new skills to be acquired.

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1. ReviseSociology. "[What Percentage of Your Life Will You Spend at Work?](#)" *ReviseSociology.com*. 16 Aug 2016. Web. 10 July 2018.

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