

7.1 Training Practice 2 / Sample 1

Employment (Form 901)

What skills do you think are most important to get a job and stay employed?

1

There are some important skills to get and stay employed. Some of the Skills I'm going to give examples of are communication, listening and reading skills. These skills are some of the main skills in life that need to be shown when wanting a job or to stay employed. In this writing I will give reasons why each of these skills would be important to get and keep a job.

Communication is a skill everyone has to have when getting a job or trying to stay employed. Communication is important because you have to be able to communicate to get the task you may have to complete. I also maybe the type of job you have to do. For example if you were working at fast food you have to be able to communicate with the customers to service them 100 percent and get your job done. Communication is one strong skill that will get a lot of people far in their job cause everyone must communicate to get somewhere.

Reading is a skill that a lot of people should have for a job. Reading is important I think because if you just start working you have to be able to understand your job task. This skill will also get you far for understanding directions you may have to follow. Reading skills can make or break your job if you can't comprehend little tasks that require reading. For example when you use this skill is if there was a blind person who came to you at a fast food restaurant you would have to be able to read him the menu so he can pick what he wants.

Listening is another skill that is really important. This skill is one that all places in jobs look for cause you always have to listen to get something done. If you can listen you will be able to understand clearly what job you have to do and how. It helps your boss know that you can follow directions and maintain your position. Listening is important to a lot of people when you need advice you have to listen and when on the job you have so many tasks to do and you need the direction to make sure your job is done right. These are some skills that I think are most important to get a job and stay employed.

7.2 Training Practice 2 / Sample 2

Exercise (Form 900)

Exercise is essential to good health, but many people do not exercise regularly. Why is this so? What can be done about it?

2

Exercising is a good way to stay in shape and also good to use in a daily life. Most people stay in shape by exercising at least 1-2 hour out the day. Most diet dont seem to work because they dont exercise. Exercising help keep u in shape, helps u live long and keep u in good health. Walking is good exercise for the body.

Many people don't exercise because they dont have the knowledge. To know what good health is and what exercising does for the body. Some people also expect to see changes after that first week of exercising, then see that it's not working so they give up. Not knowing u have to be consited to exercising to see changes. Most people take the easy way out and get surgery instead of exercising.

Good health is very important in our daily life. If there were more educational classes on good health more people would exercise. Also knowing that walking is good exercising people may do more of it. I think if people had more knowledge about what exercising do for u in a long run more people will put it in their daily life.

7.3 Training Practice 2/ Sample 3

Advertising (Form 902)

We are bombarded by product advertisements in our daily lives. Are you influenced by advertisements in your purchasing decisions? Why or why not?

3

Many people are influenced in their daily lives by advertisements they see on television and in the outside world.

I'm not too influenced by product advertisements in my daily life because I'm not much of a shopper and I buy only what's important and what is necessary for me and my family. I say not too much influences me but I do look at the coupons they have in grocery stores. If it's time for me to go grocery shopping, I would look though and see what I need. If it's on sale I'll mark it and make a list of what I need. I look at the advertisements for other things like clothes, and jewelry that I love, but I don't get excited and immediately have that urge to buy it.

Some of my girlfriends tell me I'm not normal because I'm not like them. When they see something they want, they do anything in their power to get it. I'm not saying that I don't buy clothes or shoes. When I have the money and if I don't have any bills due or have what my family needs, then I will look around and see what I like and buy it. Many people are addicted to product advertisements and they forget their main priority because they want what's shown in the advertisements and especially if they see such great offers.

I think that people get financially troubled when they buy everything they see in advertisements because they start applying for credit cards. They can purchase the items using the credit cards on television and if they don't have the money at that time. Then they realize they have a bill of \$500 or more and most people can't handle that. It's start accumulating and they don't know how to get out of debt.

I had an experience where I couldn't get out of my credit card debts because I needed things I couldn't get at the time because of a money situation. I guess this is my reason for now not being so influenced by product advertisement.

7.4 Training Practice 2 / Sample 4

Employment (Form 901)

What skills do you think are most important to get a job and stay employed?

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Skills and job follow up in the same sentence, you must have skills in order to even apply for the job. All depending on what job you have lets you know the skills that you need. For example if you wanted to be an nurses aid you couldnt get hired if you didnt have the basic skill of the job as in drawing blood, or taking a patients blood pressure. Skills vary from jobs so I cant just name skills but I can name the ones from my prior experiences in the work field.

The jobs that I've worked have been cashier the skills need that were the key and very important was being able to handle, count, and add money with or without the register. Being able to deal with customer on a daily basis. Being a cashier you should have excellent Customer services skills, its always all about the customer and always providing excellent sevice. Being able to handle what may come you way or shall I say you should being patient is defintly a skill in this trade you may come acorss a older women who is having problems finding her wallet or a big order. But you should always be able to handle it all with a smile on your face.

Skills needed to keep a job is excelling in the job, taking the skills that you have already learned and know to another level. Showing your peers that you have picked up and excuted the skill. Lets say your jobs is filling paper you normally do one stack, push harder do two. Your peers will see you pushing harder, and you just may get promoted. These skills can help you stay employed but I dont think it just about staying employed I think it's about moving forward/up while your there make your mark.

7.5 Training Practice 2/ Sample 5

Exercise (Form 900)

Exercise is essential to good health, but many people do not exercise regularly. Why is this so? What can be done about it?

5

Exercise is good, but many people do not exercise regularly or even not at all. The reasons are as follows:

- Work; Majority of people will be too tired and lazy after a long day's work.
- Family commitment; Working already takes up most of the time, so they'd rather spend the time with the kids or friends.
- Not many places cater for exercise to be carried out especially in the neighbourhood

The relevant authority can promote health awareness by :

- free health screening
- conduct talks and seminars on health
- monetary award (money makes the world go round)

7.6 Training Practice 2/ Sample 6

Internet (Form 903)

The Internet is becoming more and more a part of people's everyday lives. In your opinion, is it bringing people closer together, or just the opposite? Why or why not?

6

Internet has had a huge impact on our daily live's. It's made our every day live's much easier than fifteen to twenty back. I strongly agree internet has brought people together from different parts of the world . And this is why i think internet has brought lot's of people together. Online chating, is one of the most popular ways of conversating with people whom u can meet after getting to know them online.In most countries around the world, online dating is also one of the easiest way to make friends.Most people uses internet to search their love ones who has been away for soo long. Law enforcement uses internet to track down their fugitives on the run.

It's quiet obvious bussinesses and companies uses internet to transact or communicate with each other. It's much easier to look for a friend whom has not been seen in a very long time. You can get online and search for jobs,friends,schools,churches and many more.Finally, i agree internet has made it easier for me to conversate with friends n family outside the U S, and many countries in world.

7.7 Training Practice 2 / Sample 7

Employment (Form 901)

What skills do you think are most important to get a job and stay employed?

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First of all you need to know about the job you've selected. Different jobs require specific knowledge.

Regardless of your choice, you need to be punctual and able to learn more about your job. The education that you have and your determination will help you find a job that is right for you.

Usually you pick a job that you like. If you want to be a "Chef" and consider it a hassle to cook. Then you ought not choose this profession. Take a clear, objective look at what you like to do.

This task makes it easier for you to focus on your job choice. There are also career tests that you can take to find your best choices. I've taken one of those tests myself and was very satisfied with the results.

I usually go with my 'gut' feeling. I feel that if I'm going to work, I ought to like what I do on the job. I like the arts, gardening, cooking, animals and nature. So I ought to seek a job in one of those fields.

Then I would be happy at my employ.

Say I chose gardening. I would have many options; landscaping, working in a greenhouse or even a florist would suffice. That way I would be happy and enjoy my days' work. In closing I would have to say that for a person to get a job. They must have the proper education. They must also know about their job choice. Finally they must enjoy their job to stay employed.