

The Highlands Company Family Genogram Activity



<p>Your family of origin is...</p> <ul style="list-style-type: none">● Where you get your first ideas about work● Influences the importance placed on work● Where you first observe how work fits into family's priorities	<p>A review of family history often reveals...</p> <ul style="list-style-type: none">● Family patterns across career field● Your acceptance/rejection of family patterns● Family's acceptance/rejection of your choices● Differences in expectations based on gender● Attitudes/expectations about education
---	---

GEONOGRAM

Looking back is often a way to see and understand unspoken or covert messages about roles/patterns/expectations in the family. It is as important to note the persons who are unknown or not talked about as it is the ones who have been remembered, or in some cases, almost mythologized.

As best you can, for each relative assess the following:

1. The person's work – could be work for pay or non-paying work – and whatever their abilities and skills were.
2. Based on your observations and experiences, your sense of how good a fit there was between their responsibilities and satisfaction.

HOW TO PROCESS YOUR GENOGRAM

During the seminar, you will give the group a five to ten minute overview of your family work patterns. Group members will have the opportunity to point out themes or patterns they heard as they listened to your presentation. Here are some things to observe about your genogram:

- A. What are the career choices or themes in the family? Example: Great grandfather – doctor; grandfather – minister; father – director of social services. The theme here would be “helping professionals.” The message to you might be, “It is important to care for others.”
- B. How are career choices different for men and women in your family?
- C. How is education viewed in the family? Are there any significant changes in the levels of education received by family members? How does education change from generation to generation?
- D. What skills or talents do you see in several generations of your family?
- E. What are the messages around success? How is it defined in the family? Example: money, social position, etc.
- F. What are the work values of your family or origin?
- G. What work values are you conveying to your next generation?



Family Genogram

