

**Chapter 1 : Vocation/ Avocation - Minority Corporate Counsel Association**

*5 Responses to "Vocation vs. Avocation" Chaunce Stanton on September 15, am. Thanks, Mark! I always learn from your posts, and you were working with a lot of material in this vocation/avocation piece.*

By Isiah Warner Jul. In fact, I often say that I performed my first science experiment at the age of two. At this age of intense juvenile curiosity, I noticed that my parents were using a mysterious liquid kerosene to create light. This liquid could be poured into a bottle lamp which had a small piece of cloth wick sticking out of it. When this cloth was lit with a match, the entire room would light up. My curiosity was such that I had to find out more about this marvelous, mysterious phenomena. However, my parents had the annoying habit of keeping this interesting liquid out of my reach. One day, though, they made the mistake of leaving it in a cabinet that was slightly open and within my reach. I managed to pry open the cabinet and get the bottle open. This liquid smelled obnoxious and not at all like I expected. Well, I thought to myself, maybe it tastes better than it smells. After returning from a few days in the hospital, I decided to put my science experiments on a hold. Maybe when I grow up, I thought, I? Most of my formative years were spent in the small agricultural town of Bunkie, Louisiana, which has a population of about The schools were segregated then, and separate education certainly did not mean equal education. In fact, many of our textbooks in the Black schools were given to us after the White schools had used them for several years and felt that they were obsolete. We were fortunate to have teachers in this school system who cared about us and motivated us to heights of which we never dreamed. Remember that the schools were still essentially segregated at this time. This was my first time living and working in a nonsegregated environment. Needless to say, this required some adjustment for myself and my new wife, Della Blount Warner. While working full time at Battelle, I took graduate classes at the Joint Center for Graduate Study, obtaining the equivalent of a coursework M. I was driven to pursue a Ph. I received my Ph. After receiving my Ph. West Professor of Chemistry. I served as chair of this department from to While I came into the academy because of my love for teaching, I believe that I have become much more than an educator. I am also a mentor. Mentoring is my way of paying homage to those mentors who were there for me when I was pursuing my educational goals. For example, through my mentoring and teaching efforts, I have inspired many of my undergraduate students to achieve the pinnacle of success. I cite three examples here as references: Ebony Spikes was selected as the fourth Marshall Scholar the first African American to win such an honor at Louisiana State University and will begin her studies at Oxford this fall; Ms. Sally Mathison, a single parent, recently received her Ph. In all three cases, these students have identified my mentoring efforts as a factor that made the difference in their lives and their achievements. One of the highlights of my career was receipt of the Award for Excellence in Science and Engineering Mentoring at a White House ceremony in September I was very pleased to discover that I was the only recipient who was nominated by former and present students. Excellent teaching at the undergraduate level has always been an important part of my career goals. Clearly, classroom teaching is very important to me. However, my accomplishments in education can also be examined through the conduct of my research program, because I consider my research to be an integral part of my educational responsibilities. I believe that teaching students how to do research is the ultimate form of education because it involves the discovery of new knowledge, i. I have won numerous awards for my research efforts, including the Eastern Analytical Symposium Award for Outstanding Achievements in the Fields of Analytical Chemistry. This award is unusual in that it is given for outstanding contributions in more than one field of analytical chemistry. In my case, the two fields are spectroscopy and separation science. To me, an important component of my research accomplishments is the cultural diversity that has long existed in my research team. For example, the overall composition in terms of current and past graduate students includes 21 Caucasians, 14 African Americans, 3 Asians, 6 Africans, 1 Hispanic, and 1 Native American. This diversity has contributed immensely to the success of my students, who are able to work within and understand a diverse working population. I often cite the comments of one of my graduate students from Pakistan regarding diversity in my group as she began to plan her traditional Pakistani wedding. She had four bridesmaids--one Pakistani, two African Americans, and one Caucasian

American--and told me that she would not have experienced the richness of other cultures had she not joined my research group or a similar group. I am also proud to acknowledge that LSU has become the nation? I am proud that my students are widely sought after for employment in academia and within the pharmaceutical and chemical industries. Employers always provide the same three reasons as to why they like my students: These are areas of training on which I focus for all of my students. As noted earlier, my students are widely employed in both education and industry. As examples of my students in education, two are associate professors of chemistry at the University of Delaware and at Texas Tech University. Another is professor and dean of arts and sciences at Mississippi State University. As examples of my students in industry, one is global vice president of R. Johnson Pharmaceuticals and another is executive director of project management and brand development for Bristol-Meyers Squibb Corp. This is a half-time administrative appointment which focuses on mentoring and education. I am still running my research program at the same level while teaching one less course per year. In fact, the reason that I took this position is that it will allow me more contact with and impact on students. I elected to take this position as a half-time 9-month appointment so that I could continue my research at the same level and only reduce my teaching by half. The overall goal of this office is to develop and coordinate activities that result in improvements in the mentoring of students, faculty, and staff in order to achieve excellence at the highest levels. One of the major charges of this position is to create the kind of environment across campus that we have created in our graduate program in chemistry, i. Another charge is to foster an environment in which our best undergraduates are competitive for major scholarships such as Goldwater, Marshall, and Rhodes. Clearly, such initiatives should be a strategic component of any institution of higher learning. Is my science career a job or a vocation? Let me answer it this way. I cannot think of anything I would rather be doing than working with students through teaching and research. In fact, my wife has stated that my career is a mistress with which she does not mind competing. For further information, please send e-mail to Professor Warner at rcarve5 lsu.

**Chapter 2 : Vocation Synonyms, Vocation Antonyms | Merriam-Webster Thesaurus**

*Vocation + Avocation = Success and Satisfaction This model will not resonate with all social workers. Many colleagues prefer the structured environments, activities, and definitions that are generally recognized as traditional social work.*

Received Sep 30; Accepted Aug This article has been cited by other articles in PMC. Abstract Background Sir William Osler suggested in that avocations leisure activities in doctors are related to an increased sense of vocation professional engagement and a decreased level of burnout. This study evaluated those claims in a large group of doctors practicing in the UK while taking into account a wide range of background variables. A total of 2, Doctors who were more BurnedOut tended to be men, to be more sleep-deprived, to report a greater workload and less choice and independence in their work, to have higher neuroticism, lower extraversion and lower agreeableness scores, and to have lower self-esteem. Medicine can, however, also be very stressful, so that the sense of vocation becomes overwhelmed. Not all doctors however suffer from burnout, in large part because doctors, like all people, differ, in personality, background, working environment, and so on [ 5 ]. The result, as Osler said, is that: Begin at once the cultivation of some interest other than the purely professional. The difficulty is in a selection and the choice will be different according to your tastes and training. No matter what it is B but have an outside hobby. The vast majority of these studies were, however, not relevant to the present study. A large number were on the hobbies of deceased doctors, sometimes historical, were on possible hobbies for doctors for example, photography, music, succulent collecting or numismatics , or on how leisure activities affect patients for example, in diabetes, or as a risk factor for breast cancer , on disease presentations as a result of leisure activities in the general population for example, vertebral artery dissection after a roller coaster ride, Lyme Disease in people with outdoor leisure activities, or injuries acquired during campanology , and on one occasion on disease resulting from the leisure activities of doctors themselves, in a study of tennis-elbow [ 6 ]. None were relevant to the purposes of the present analysis, although it might be worth mentioning one somewhat contrarian paper which emphasized the sometime dangers to health resulting from leisure and leisure activities, and suggested that leisure activities are not therefore an unmitigated good [ 7 ]. Many other studies addressed questions about the leisure activities of doctors, but consisted either of paeans to the need for doctors to relax and look after themselves more or to be more involved in leisure, or were descriptions of the leisure activities of particular doctors [ 8 - 12 ]. A further set of articles assessed job and life satisfaction in doctors, and often but not always, reported dissatisfaction with time available for leisure activities [ 13 - 26 ], with sufficient time for leisure activities correlating with quality of life measures [ 27 ], and not having hobbies being a risk factor for hypertension in doctors [ 28 ]. Some studies also reported higher life satisfaction, including participation in hobbies and leisure activities, in retired doctors [ 29 ]. Other studies have reported that opportunities for leisure activities impact on decisions by doctors on choice of speciality and choice of practice location [ 30 - 34 ] or the timing of retirement [ 35 ]. One study reported how demands of doctors for more leisure time themselves impacted upon service provision [ 36 ]. A few studies looked at leisure activities in relation to formal measures of stress or burnout, and reported that having a hobby correlated with lower levels of burnout in general [ 37 ], with emotional exhaustion [ 38 , 39 ] or with job stress [ 40 ], although sometimes there was no correlation with burnout [ 41 ]. Few studies have considered the specific type of the leisure activities, although one study specifically looked at cultural activities, and in comparison with a control, university-educated, population found less time watching television, more time reading non-medical books, and more time devoted to music [ 48 ]. Comment has also been made upon an apparent tendency for doctors to be proficient in a range of non-medical areas, both as talented amateurs [ 49 ], and also the extent that what was once an avocation becomes a vocation, with distinction achieved outside medicine [ 50 ]. This review of the literature should perhaps conclude with some citations of Osler himself, particularly to show how his ideas are still being invoked. In , Richard E. Clark, in his presidential address to the Southern Thoracic Surgical Association, cited Osler as follows [ 51 ]: It may be photography, literature or golf, but there is something that each of us needs: Burnout, stress and engagement In conceptualizing the beneficial effects of leisure, writers often refer to the interlinked concepts of burnout, stress and job

satisfaction, and in recent years, the idea of engagement has also come to be used in explanatory ways. The literature on each of these is huge, and no attempt will be made at completeness. The precise relationship between EE, DP and PA is unclear, and in particular whether they are measuring related or unrelated concepts. In a longitudinal study [ 58 ] we have found that the causal relationships between the subscales are different, suggesting that they are conceptually distinct. A key theoretical point is made by Maslach et al. What started out as important, meaningful and challenging work becomes unpleasant, unfulfilling and meaningless. Energy turns into exhaustion, involvement turns into cynicism, and efficacy turns into ineffectiveness. The crucial point here is that engagement is seen as the polar opposite of burnout. Stress is a complex term [ 59 , 60 ], which has been much studied in health professionals [ 61 - 63 ]. Many different measures are available, but a popular one, which we use here, is the General Health Questionnaire GHQ [ 64 ] which has been used in a range of studies of doctors [ 65 - 67 ]. It should also be emphasized that stress can be seen as conceptually distinct from burnout, stress resulting from work stressors, whereas burnout originates in a lack of sense or purpose or importance for work [ 68 ]. Job satisfaction is frequently measured in studies but rarely is well conceptualized, or even measured consistently, and it can mean many things. A rare study of the relationships of satisfaction to other measures found that both stress and burnout correlated with satisfaction, although the relationship was stronger with burnout [ 68 ]. Engagement Interest in work engagement has emerged only relatively recently [ 2 ], and in particular has been helped by the development of the Utrecht Work Engagement Scale UWES [ 1 ]. Conceptually work engagement appears to be distinct from burnout [ 70 ], and that is supported both by the lack of a strong correlation between them so that it is possible for individuals to have very low burnout scales, but nevertheless not to be engaged [ 71 , 72 ], and also by them having different personality correlates [ 73 ]. Engagement can be seen as a positive condition compared with the negative condition of burnout, with the two arranged orthogonally meaning it is possible to be both burned out and engaged. The present study This study set out to investigate a number of separate but related aspects concerning the leisure activities of doctors and their relation to stress and burnout. In particular we wished: To assess the widely held intuition, most venerably put forward by Osler, that the non-medical activities of doctors their avocations are related to their involvement and commitment to their daily professional activities their vocation. As well as measuring a wide-range of leisure activities, including those which may or may not be described as high-culture, we also assess the modern concepts of stress, burnout, work engagement and career satisfaction, in order to take apart the relationship more clearly. Given that stress, burnout and engagement are known to relate to individual difference measures, we assess to what extent any relationships with leisure activities are themselves secondary to differences in personality assessed using the standard Big Five conceptualization. It may be that, for example, burnout and leisure activities are intercorrelated because the same personality characteristic predisposes to burnout and a lack of leisure activities. Perhaps it is not avocations per se that are important, but that those individuals with more avocations also have a personality that encourages a sense of vocation. We have also taken into account a large number of background variables, of work load, of work experience, of other individual difference measures and so on, in order to assess whether they may account for any correlations of leisure activities with stress, burnout, satisfaction and engagement. Individual difference measures of personality, empathy, masculinity and self-esteem were included as it was thought, on theoretical grounds, that they may relate either to leisure activities or to stress, burnout, engagement and satisfaction. The study itself, for present purposes, is a cross-sectional study of a large group of doctors surveyed in It should be noted that these same doctors are part of several different longitudinal cohort studies, although the longitudinal aspects of the studies will not be considered here. The postal questionnaire, which consisted of one sheet of folded A3 paper four sides of A4 containing a range of questions, was sent with a reply-paid envelope. After the initial mailing, three reminders were sent to non-respondents. Of 4, questionnaires not returned by the Post Office, 2, were returned satisfactorily, giving a response rate of Not all doctors provided answers to all questionnaire items, and mean substitution for missing values has been used where appropriate. Measures A range of different questionnaire measures were used in the study. The questionnaire used in the current analyses can be found in the Additional File, with the exception of one part which has been removed for copyright reasons. Leisure activities Participation in 29

leisure activities was assessed in Q. Stress As in our previous studies, stress was assessed in Q. The items were in Q. Items were intermixed with the Satisfaction and aMBI items, and used the seven-point temporally anchored scale originally devised for the aMBI. For an overall score, the three items were summed. Job Satisfaction The three items measuring job satisfaction are the same as those used in previous studies [ 69 ], Q. For an overall score Satisfaction SATN , the three items were summed, with 13 and 15 being reverse scored. Work variables A number of measures were used to assess aspects of work and the work environment. List of Registered Medical Practitioners was used to determine whether or not a doctor was on the Specialist Register or on the General Practice Register. A simple sum of the encounters was used as a measure of number of patients seen. Scores on each subscale were derived by summing items. Individual difference and personality measures Individual differences were measured, as in previous studies, by using abbreviated versions of various scales. We have used these scales in several previous studies of these cohorts, but have not previously published results using them. Responses were scored as a single scale, with positive values indicating masculinity and negative values indicating femininity. Items 2, 3, 5 and 8 were reverse scored. A single scale was constructed by summing the items, with items 17 and 19 being reverse scored. Respondents also described the number of children they had, and their ages, and from this we derived two summary measures: Number of Children and Age of Youngest Child, the latter being felt to be most useful as a proxy for the extent to which having children imposed on other activities. Where indicated, missing values were replaced using mean substitution. Calculation of significance is always difficult in any study with a large number of variables, particularly if there is a large number of participants, as there is a risk on the one hand of type I errors, due to repeated significance testing, and on the other hand of effects being highly significant, but effect sizes being small. There is no simple solution to this, particularly if one believes that complex social phenomena are likely to have multiple causes, rather than a single one, so that many variables need to be evaluated in order to get a suitably rich analysis of underlying processes for an elegant discussion of these issues see Sherman and Funder [ 95 ]. In this paper, we report significance levels as they are that is, without Bonferroni or other correction , and we indicate those which are conventionally significant and that is of help to those attempting to replicate effects. If other researchers are uncertain about the true significance of results then a partial obligation is upon them to replicate, particularly when, as in this case, there are no other comparable studies, either in breadth of measures, or in the ability to look at these particular issues. Ethics This research study was discussed with the Chair of the UCL Ethics Committee, who stated that the project was exempt from requiring formal ethics permission see [http:](http://) Their mean ages were The proportion of female respondents differed between the cohorts There are correlations with sex and years qualified on many of the individual activities. Factor analysis of the activities showed a large first eigenvalue, and therefore for the main analyses a single factor score was extracted based on all 29 activities, with an alpha reliability of 0. The eigenvalues of the correlation matrix were: We therefore extracted two oblique factors using Direct Oblimin in SPSS an oblique rotation was used since there was no theoretical reason to believe that two factors had to be orthogonal, and it was more than possible that they were correlated. The two factors correlated positively with a value of.

Chapter 3 : Vocational school - Wikipedia

*Avocation vs. vocation A vocation is a calling, an occupation, or a large undertaking for which one is especially suited. It can be roughly synonymous with career or profession, though vocation connotes a seriousness or a commitment that these words don't always bear.*

Whitner The goal of this column is to enlighten our readers about the private endeavors of attorneys who are part of the MCCA network. By examining lawyers and their work practices by day in contrast to the personal interests that they pursue outside of the office, it is our hope that this series of articles allows our readers to see the other side of lawyers who manage to pursue unique interests despite their demanding careers. Whitner Three and a half years ago, William K. Whitner suffered a serious accident that put his avocation to an abrupt—but temporary—halt. One week before a national bodybuilding competition in which he was scheduled to compete, Whitner was training at his usual Atlanta gym when a leg press he thought was locked at 1, pounds not a heavy weight for him at the time came crashing down, completely rupturing his left quadriceps and tearing the medial collateral ligaments and the meniscus cartilage of both knees. Badly injured, he was rushed to hospital by ambulance and missed the upcoming contest. He also was involved in several successful entrepreneurial pursuits and served on nonprofit community organizations outside the firm, as well as seriously competing in amateur bodybuilding competitions across the country. In the ensuing years, Whitner has endured surgeries, rehabbed, and continued training. He was made partner at Paul Hastings in , and remained involved in various business ventures. Recently, Whitner received a clean bill of health from his doctors, allowing him to return to more-intensive training. Incredibly, he intends to resume competing sometime in Those who know Whitner are impressed by his unrivaled discipline and capacity to succeed in a range of arenas. Sooner or later, his friends and colleagues inevitably ask whether he ever sleeps. But the reason for his success, he shares, is a driving urgency to always do his absolute best. I have to prove myself to myself. Judging from his caseload for one month, it might appear that he only handles class-action lawsuits; during another month, his caseload might indicate that he is trying only breach-of-contract and fraud cases. His wide-ranging substantive commercial experience includes business torts, securities-fraud class actions, as well as breach of contract, franchise, intellectual property, and entertainment matters. Above all, Whitner likes a case that goes to trial, regardless of the matter involved: Trial lawyers are the attorneys who eagerly go into a courtroom and stand up for their clients. The competitive nature and desire to win over a skeptical audience that draws Whitner to trial law also attracts him to competitive bodybuilding. Whether as a boy growing up in Greenville, South Carolina, or an undergraduate majoring in government at Georgetown University, his ambition never wavered. As a law student at Yale University, his concept of the profession broadened, but his ardor to represent clients in court never dampened. After graduating from law school in , Whitner settled in Atlanta, where he found the sophisticated legal market he was seeking. Two years later, he joined Paul Hastings, where he has remained ever since. In addition to practicing law, over the years Whitner has co-owned a long-haul trucking company, a recording studio, and a musical production company. He has also worked with nonprofit organizations focused on mentoring youth and promoting diversity. At Georgetown and Yale, Whitner played a lot of pickup basketball which led to ankle injuries. To keep in shape, he got into weightlifting. His cousin, a devoted bodybuilder, suggested he take up the sport competitively. He progressed to higher amateur weight classes as he grew to lbs. The upcoming contest consumes everything. Drinking, eating, sleeping—everything is structured in preparation for succeeding on that one day. And if you mess up even just a little bit, you may not succeed in presenting your body in the best light—and all of your hard work goes down the drain. He alters his diet dramatically, speeding up his metabolism with nine meals of protein and vegetables interspersed regularly throughout the day. Certain witnesses and opposing counsel can be intimidated by my size. Of course, that works both ways. The prospect complies with his ongoing need to succeed. He also foresees more competitive bodybuilding in the coming years. But I can resume competing in regional and state contests. Ultimately, my goal is to get back on stage and compete. I want it to end on my own terms. Please send your recommendations to robtruhn@mcca. Patrick Folliard is a freelance writer based in

Silver Spring, Md.

**Chapter 4 : Poker Vocation vs. Avocation: Poker is Too Hard -- Poker is Amazing - by Brian Space**

*TRAINING FOR VOCATION AND FOR AVOCATION; No Antagonism Between Liberal Education and Special Education for Life's Particular Work, Yet There Is a Distinction Between Them -- Importance to the.*

I can provide some possible future guidance for young professionals. I am a professional scientist and professor in my early fifties. I play poker at a professional level and can provide perspective. In order to survive as an academic scientist, as a physical chemist, I have to compete successfully with literally the brightest and often hardest working people in the world. My grant proposals compete with National Academy members and Nobel Prize winners and success rates are often in the single digits. Nonetheless, poker is harder than science. I think the main reason is the human brain is programmed for loss aversion. The wins rarely feel as good as the losses hurt. Losses linger; wins wane. It is very hard to feel positive about yourself when your results are not great or even good over a period of time. Conversely, when you are doing well, you are just a professional that is doing what they are supposed to do. It is a maddening trap that I think most, if not all, humans are programmed to face. Further, downswings can lead to self-doubt. Luck plays a huge role in all aspects of life that is hard to disentangle from performance. The difference is that science, for example, is a highly positive sum game and poker is not. The worst professional scientists can have a huge positive effect of the world by simply spreading the scientific method to many young minds. Just successfully accomplishing this can have a bigger impact on the world than even an Einstein can through individual discoveries. The science world is mostly a healthy intellectual environment where everyone contributes through open discourse. Knowledge builds incrementally and people work collectively to make world changing discoveries. It is easy to sleep at night as a scientist. Poker is often a cut-throat environment where people rarely share their knowledge and are literally fighting for survival. If I have a bad month at work as a professor, my pay check still arrives and my students still grow and make progress. I have a body of work to look back upon, many papers published, and former students flourishing in the world. There is often little to show tangibly for a body of work in poker other than perhaps some highly fungible currency or a misunderstood tournament performance. Poker is just too hard to do as the only vocation for an entire lifetime for almost anyone. I am not sure I have met a successful professional that did not want to get out of poker in one way or another. Worse, we generally see the luckiest folks in poker as our role models. That is not to say that the amazing minds and people that play at the highest level are not remarkable. They are among the best and the brightest. Poker is incredibly fortunate to have people like Phil Galfond, Ben Sulsky, Tyler Forrester, Doug Polk and other comparably thoughtful and bright folks sharing their thoughts on training sites or forums. People like Joey Ingram provide podcast content and long form interviews shining light into the behind the scenes lives of top pros. There is some sense of community and shared experience. Still, luck plays a role in all professions. In poker, because only monetary results define success, there is almost no other metric so the top of the heap will also be among the luckiest, at least at some part of their journey. This is magnified in live poker where one never achieves much of a sample size vs. The issue is that one cannot improve their luck by force of will. This makes poker especially hard because there will always, by definition, be the luckiest folks playing around you acting as they are on top of the world. It is unlikely to be you in any given year and over a lifetime may never be. Someone else might be above average in fortune every year. This is how the law of large numbers works; things are normally distributed with significant groups of positive and negative outliers. This makes for a tough way to make a living. Making things more difficult, I am the kind of person that always feels like they need to get better. This is common among high achievers and successful poker players. We are programmed to focus on things we need to improve on perpetually. I talk to my therapist something I recommend for all serious poker players about the asymmetry in personal perception. If I am asked how good I am at something, I see my deficiencies. This is not the same as not having a substantial ego or even a realistic view of the world. If I am asked about another accomplished scientist or poker player that I may be better than in some ways, I can see that clearly and answer honestly. Nonetheless, if I am asked, e. There can be significant logical fallacies in perception that are rooted in our emotions; I can believe that others are terrific, I need a lot of

work, and I am somewhat better than they are at the same time. Another difficulty is that poker variance results in income that varies dramatically over time. This is hard for people to adapt to and causes stress and confusion. Remember, even people with a regular, defined income often struggle with their finances. This is another significant challenge. All this said, poker is the most personally fascinating activity I have ever found. It requires intellectual insight and exquisite emotional control. One sees that best of and worst of most people at the poker table at some point, as fate drags our emotions up and down. Poker requires a continuous struggle for objectivity and an insane ability to perform at the table. One has to make the next right decision under the duress of distraction, adulation, dejection and boredom. Further, you can always grow as a poker player and I find when I do, I improve as a person too. Anyone who is thoughtful and disciplined enough to be successful at poker can be hugely successful in any number of professions. To those in their twenties and thirties especially, I recommend working on developing skills for another vocation to enrich your life. Like scientists, I believe most successful poker players are drawn to the job by more than the money. The personal and intellectual freedom are alluring. Poker is not a way to get rich "€" if that is your goal and you can win at poker over time, then you are making a serious mistake as there are many far easier paths for the talented, dedicated and ambitious. Lastly, I have not seen that the poker environment can sustain many for a lifetime without seeking other reliable income producing and wellness inducing activities as a supplement. Aside As an aside, I have an interest in poker theory. I believe that the nature of the optimal solutions is not yet completely understood. It seems to me from an information theoretic perspective that bet sizing should draw from distributions, providing information hiding. Solver work suggests this might be right. I also see an analogy between statistical mechanical energy and expected value in that the solution space of poker is a surface of constant expected value. Lastly, I have noted that the game theoretical optimal strategy is the one that requires no information of the opponents play suggesting a Shannon entropy tie in. All of this suggests to me a statistical mechanical approach to poker solutions that I have not formulated. If anyone is interested pursuing this, feel free to get in touch. Brian Space is a scientist and professor seeking people to play Quantum Statistical Mechanics for money. He plays poker in the Tampa Bay Florida area.

**Chapter 5 : My Science Career: Vocation or Avocation? | Science | AAAS**

*Although these two nouns look and sound similar, their meanings are not the same. Avocation means something one does in addition to a vocation or regular work. An avocation is a hobby which is done for pleasure. It is also known as one's "calling". Avocation is what you will do from your core.*

The goal of this column is to enlighten our readers about the private endeavors of attorneys with whom we come in contact in the profession. It is our hope that this series of articles allow our readers to see the other side of lawyers, who manage to pursue unique interests despite their demanding careers. For most of his adult life, Mishkin has adeptly and successfully pursued his legal vocation and musical avocation, deriving recognition and personal satisfaction from both. As a law student at George Washington University, Mishkin never doubted that he would continue to play music after passing the bar. His conviction to do so was confirmed when a lawyer-friend took him to the Birchmere to hear a bluegrass band featuring a Federal Trade Commission lawyer. His father, a lawyer with his own practice, never pressured him to join the family business. As a child, Mishkin already possessed a keen interest in music, taking piano lessons at eight and playing the acoustic guitar by At the age of 14, he discovered folk music during Jewish summer camp when young counselors played songs around the campfire. With his heartfelt, hummable tune, Mishkin successfully attempted to expand the nickname to include not just well-known singers, but all Guthrie fans who sing his songs around campfires, at rallies, and during other gatherings. After some persuading on his part, it was agreed that Mishkin—who in the meantime had become a successful DC attorney—would be a part of the live performance. I was on the wire. Within five years, he was a partner doing employment work. Throughout his early years in the legal profession, Mishkin kept up with his music as well. Ultimately, the music is universal. While he understands why people feel the need to make the distinction, Mishkin references Boston Celtics legend Bill Russell, who wrote in his autobiography that he is not a basketball player, but rather a man who plays basketball. I like to think that each of these roles enhances the others. There are innumerable ways that my music activities feed into my practice of law, sometimes with imagery, and sometimes literally. In one presentation, he actually gets the group to sing with him. His performances typically feature his own compositions, plus a mix of the work of singer-songwriters like Don McLean and James Taylor with more obscure material. And what if Mishkin were to land a multimillion dollar record deal tomorrow? Would he say goodbye to law? Not only do I enjoy practicing law, but I also enjoy the offshoots of my practice:

**Chapter 6 : Vocation Quotes ( quotes)**

*An avocation is a hobby or any other activity taken up in addition to one's regular work; it may especially refer to something that is a person's "true" passion or interest. A vocation is one's principal occupation, often used in the context of a calling to a particular way of life or course of.*

Here is the short version of this narrative. Except for when I went to college, I have spent my life living, working and playing around the York, Pennsylvania area. It was an ad for his bodybuilding course in the back of a wrestling magazine which led me to any thoughts of weight training. Around my freshman year of high school I stumbled on to the York magazines and began reading them earnestly. Naturally, I attended a number of the Olympic lifting and powerlifting contests they staged in our area, and very occasionally went to the gym on Ridge avenue to watch lifters train, or purchase a few more plates. Of course, actually working there was a dream beyond comprehension to a high school kid. Fast forward several years, I had been to college to pursue communications and was working at the local Stauffer Biscuit cookie manufacturer but would slip down to the snack bar of The Barbell every other Wednesday on my lunch break for a Hi-Proteen shake at their snack bar. Why the every other Wednesday routine? Like a lot of things at York Barbell, the snack bar had its own uniqueness. The lady who worked the bar Nora Spangler lived directly across Ridge Avenue and would go home to consume her lunch daily from noon to So, the snack bar was closed during my lunch hour with the exception of every other Wednesday. Suffice it to say that I came to learn that York Barbell had quite a few unique dimensions about it. Pardon me if this sounds indelicate, but it is truthful and does add to the tale. One day I trekked to the snack bar, she was behind the counter conducting a talent search for journalists. When Gord Venables passed away, the normal three-person magazine staff at York was down a man and scuffling to keep up with the monthly deadlines. A temporary fix was found when Mark Cameron the Olympic lifter wanted to train at York for most of the year prior to the Olympic Games. Of course, when Mark left for the Games and then back to college thereafter, York was playing short-handed again. Hence, Radar Nose decided to take it upon herself to play unofficial personnel director. Nose was telling me all of this side story and I responded that there were tons of guys out there who had some journalistic training, casually remarking that I was one of them. To which she replied, "You do! Remarkably, though, as I walked through the front door of York Barbell two Wednesdays later, she spotted me and announced, "Grimek is looking for you! He invited me to the office for a face-to-face meeting, which was the epitome of a quick interview. Basically, he asked me where I went to school; I told him, whereupon he handed me a ream of typing paper literally and a stack of original Bob Hoffman manuscripts and said to me, "Go home and see if you can make something of this stuff. Call me when you get done. It was, among other things, the epitome of redundant. And those were heavily edited. So, that interview was scheduled. My face-to-face with him was going as you might anticipate with his explaining what the expectations for the job were and those kinds of things when the interview took what I considered a curious turn: After telling me that I would be sharing an office with Grimek, Terpak sort of conspicuously panned his eyes around his office as if searching for the right thing to say! Somewhat abruptly he asked me, "How well do you know Grimek? Was Terpak telling me that my next boss was a tyrant, a maniac, an ego freak or otherwise off-the-wall? As I came to learn firsthand, Grimek was none of the above. In fact, Grimek extended some very kindly gestures to the "new guy" in his office. And over time as we bonded a little more -- bear in mind that when I began sharing an office with him, I was a year-old nobody and he was the year-old Living Legend of Bodybuilding -- as you might imagine, he afforded me a historical treasure chest of his experiences, insights, anecdotes and personal observations. It was, needless to say, a priceless education. Having said the aforementioned, I would like to add this addendum: After leaving York Barbell and moving on to the staff of a local high school, I was asked by a co-worker who was aware of the one-time prominence of "The Strongest Name in Fitness" if I was there for the glory days or the decline. Chronologically, I would technically have to say it was the latter. However, as I reflect on all of the extraordinary experiences and people to which this Iron Bug was exposed because he worked there, I have great difficulty associating the word "decline" with the stellar memories I possess. Thanks to John Grimek I

got to meet numerous names of note from the muscle magazines of a couple of different generations. But my strongest memory of Grimek, aside from watching him work out at an advanced age, revolves around the endless supply of astonishing anecdotal reminiscences of Iron Game people, places and events he dispensed daily. Thanks to Terpak and Ken Patera, I got a firsthand lesson in how professional wrestling can be staged and choreographed. And speaking of wrestling, because I was the editor of "Muscular Development" I got invited to a grand opening of The Gym name of the establishment in Minneapolis which was owned by the renowned Road Warriors. And then there were other kinds of participatory experiences such as judging physique contests for Dave Mayor, who was another out-of-this world raconteur. America , as well as a much bigger than expected powerlifting contest in the actual York Gym. That generally enumerates my personal highlight reel. Whether you believe in Divine Province of Dame Fortune, I can attest that one can live out a seemingly rich fantasy life if he is standing in the right place at the right time.

Chapter 7 : Avocation | Define Avocation at [racedaydvl.com](http://racedaydvl.com)

*Avocation/Leisure activities correlated significantly with Vocation/engagement, even after taking into account 25 background variables describing demography, work, and personality, whereas BurnedOut showed no significant correlation with Avocation/Leisure activities.*

Education in Finland The Finnish system is divided between vocational and academic paths [13]. Currently about 47 percent of Finnish students at age 16 go to vocational school. The vocational school is a secondary school for ages 16–21, and prepares the students for entering the workforce. The curriculum includes little academic general education, while the practical skills of each trade are stressed. The education is divided into eight main categories with a total of about 50 trades. The basic categories of education are Humanist and educational branch typical trade: The vocational schools are usually owned by the municipalities, but in special cases, private or state vocational schools exist. The state grants aid to all vocational schools on the same basis, regardless of the owner. On the other hand, the vocational schools are not allowed to operate for profit. The Ministry of Education issues licences to provide vocational education. In the licence, the municipality or a private entity is given permission to train a yearly quota of students for specific trades. The licence also specifies the area where the school must be located and the languages used in the education. The vocational school students are selected by the schools on the basis of criteria set by the Ministry of Education. The basic qualification for the study is completed nine-year comprehensive school. Anyone may seek admission in any vocational school regardless of their domicile. In certain trades, bad health or invalidity may be acceptable grounds for refusing admission. The students do not pay tuition and they must be provided with health care and a free daily school lunch. However, the students must pay for the books, although the tools and practice material are provided to the students for free. In contrast to the vocational school, an academically orientated upper secondary school, or senior high school Finnish: It prepares students for entering the university or a higher vocational school. Education in the Republic of Ireland A vocational school in Ireland is a type of secondary education school [14] which places a large emphasis on vocational and technical education ; this led to some conflict in the s when the Regional Technical College system [15] was in development. Since the schools have been managed by Education and Training Boards , which replaced Vocational Education Committees which were largely based on city or county boundaries. Vocational schools typically have further education courses in addition to the traditional courses at secondary level. For instance, post leaving certificate courses which are intended for school leavers and pre- third level education students. Until the s the vocational schools were seen as inferior to the other schools then available in Ireland. This was mainly because traditional courses such as the leaving certificate were not available at the schools, however this changed with the Investment in Education report which resulted in an upgrade in their status. There are two-year schools that many students study at after finishing high school although it is not always required that students graduate from high school. Some have a wide range of majors, others only a few majors. Some examples are computer technology , fashion and English.

**Chapter 8 : From Avocation to Vocation - Fine Art Connoisseur**

*Where Avocation and Vocation Meet It has been said that Second Harvest Food Bank of Central Florida offers programs that are life-saving and life-changing. Today, more than 75 friends, family members, community leaders and supporters gathered to witness the transformative power of the Second Harvest Culinary Training Program at the graduation.*

Making things that we can easily display as an accomplishment is not usually possible in our job. Perhaps this is the most important reason that we need this counterbalance against our jobs in corrections. We do not always completely release prison from our outside lives. For example, we attend conferences directly linked to corrections. And, in the interest of maintaining a link to work while outside of the job, some of us collect items related to corrections. Perhaps interests such as television viewing are acceptable substitutes. Some of us also delve into other law enforcement related activities. Even if we enjoy job related pastimes, when we start to hate our jobs, we tend to dislike our job related hobbies. This is not to suggest that corrections professionals should never have hobbies related to the job. Corrections related hobbies tend to subliminally point to career pressures. If we spend one-third of our adult lives working, we owe a bit of variety to ourselves. Any of the above examples in the physical and tangible categories illustrate non-corrections hobbies. Familiar - This group includes activities with family or friends. In all of our professional obligations, the most important is to protect the public. So, why not consider enjoying that part of the outside world, your own part of society? Therefore, they can serve as great stress relievers. These activities also help us to build a perspective of balance between home and work life. Charity - Giving back to the community is something that corrections personnel do every shift. The public is safer with us on the job. Although it is part of our mission statement, it might not be too visible to us. Outside work, there are many choices for volunteerism. These can be found in charitable institutions, religious organizations and benevolent societies. The Torch Run is an excellent example of a charity avocation. Coaching sports teams also is a good example of this. Volunteering is a corrections stress reliever because the good work done can be measured. It allows us to feel like a useful part of society. It also builds a bigger picture mentality. This is a feel-good activity that can improve our individual sense of self-worth, which is particularly important in our occupation where we can sometimes feel ineffective as agents of positive change. Can all of this be without pitfalls? In corrections we are naturally suspicious. So we should examine some of the potential problems we face when considering an avocation: Some may not want to pull away for the corrections comfort zone. Sometimes, those wearing their avocation on their sleeve will place themselves in a position to be set-up. But the benefits outweigh the caveats. When vocation and avocation are performed in balance, an employee can experience many seen and unseen benefits: We save money when we release stress through hobbies. We become healthier and can work longer without being a drag to the medical system. Higher moral employees are ones that are vested in their jobs and will stay on the job longer, which mitigates turn-over. This, in turn, lowers retention, recruitment and initial training costs. Less stress means better employee relations. Fewer harassment charges may be filed. Those with less stress can concentrate better and provide a safer environment for prisoners and staff. Safer institutions, through a series of events not happening, mean tax dollars saved. The tale of Icarus comes to us from across the centuries with a simple but important message: We need to take the middle path. There is room in the life of any corrections professional for both fulfilling work and fulfilling hobbies. So, with this in mind, when someone says, "Get a life. Get a hobby", you might want to take that advice. Stress kills, especially in corrections. But, this is one of those monsters that can be fought. You can reach him at last. These are the opinions of Joseph Bouchard, a Librarian employed with the Michigan Department of Corrections.

**Chapter 9 : The Tight Tan Slacks of Dezso Ban: From Avocation to Vocation - Jan Dellinger ()**

*Petrarca, in his avocation of barber, was in the greatest request. The girl of the future will select her own avocation and take her own training for it. He will find that in assuming our avocation he also has assumed our degradation.*

Certainly that has been true in my case. A wise counselor suggested that I keep music as an avocation but pursue a career in chemistry or another science, since I was unlikely to sing with the Metropolitan Opera and there were few options for singers at that time other than teaching music in schools, which did not appeal to me. So, off I went to Dickinson, where I majored in chemistry and minored in biology and math. I called and made an appointment, having not sung a note since my Dickinson days. Arriving at the Curtis Institute of Music for auditions, I noticed that other hopefuls were studying opera and other musical scores prior to their auditions. I had no such scores. The chorus declined then but was reborn under the direction of Robert Page. I sang with MC for 22 years and served on the board for 14 years—my introduction to chorus management and administration. In the meantime, after a successful career working on drugs acting in the brain e. I always joked that I never let my scientific career interfere with my singing career; however, the reverse did happen. While completing my Ph. I then joined the pharmacology department at the Medical College of Pennsylvania, taught medical and graduate students, conducted research in neurochemistry and neuropharmacology and published papers, especially regarding neurochemical changes in the aging brain. We made our PO debut in our very first season under the direction of Bill Smith. CASP is still going strong after 34 years. I served as founding president for four years and continued to sing with CASP for many years. Chorus America has changed the landscape of the choral world. It has helped member choruses be more successful, artistically and administratively, and has advocated for the payment of singers to sing in choruses as instrumentalists are paid to play in symphonies. When it was founded, there were only three or four choruses in the U. Today, there are 46 fully professional ensembles and many more choruses that pay a core of professional singers. Most professional choral singers, however, still must cobble together other jobs, such as teaching, singing as paid church soloists, etc. I hope this will gradually change. At the same time, she pursued her other passion—singing for the Philadelphia Orchestra Chorus and the Mendelssohn Club, later founding the Choral Arts Society of Philadelphia. She also served on six chorus boards and founded several.