

Module 9

Planning a Career as a Woman

This module assumes: 1) you are a woman ready to make a career change; 2) you probably have some family responsibilities; 3) you would like to enter or reenter the work force, but are not sure what field would be right for you or who would hire you; 4) you are prepared to undertake further education, but are not sure it will get you where you want to go; and/or 5) you would like help in stepping back to take a clear, objective look at yourself and your options.

Objective 1

1. To provide you with the opportunity for self-assessment to examine your skills, interests, accomplishments, experiences, and motivations.

Below Are Activities to Help You Achieve This Objective

- a. Discuss your situation with a Career Advisor.
- b. Review Module 3, *Exploring Your Interests, Values, & Skills*, to identify helpful self-assessment activities.
- c. Use Choices Planner (bridges.com/cpflorida) to identify your transferable skills.

Objective 2

2. To locate information sources which will help you create a tentative education career plan.

Below Are Activities to Help You Achieve This Objective

- a. Search Career Key using one of these to locate resources in the Career Center Library:
 - Career & Life Planning → Life Style → Dual Career Couples
 - Career & Life Planning → Special Populations → Women
 - Career & Life Planning → Life Style → Life Style Issues
- b. Review or read materials in the Career Center Library relating to women and work:

Books

- *Advancing Women in Business – The Catalyst Guide*IG4 C3
- *Guide to Style: A Manual for Business and Professional Women* VB M35
- *Highlights of Women's Earnings in 2010*IG4 U5
- *The Mom Economy*IG4 W5
- *What Color is Your Parachute* IA B6
- *Why Women Earn Less: How to Make What You're Really Worth*IG4 V3
- *Women in Career & Life Transitions*IG4 A5
- *Women in the Labor Force: A Databook*IG4 U75

Internet Resources

- *9 to 5, National Association of Working Women*
9to5.org
This national grassroots organization works towards economic equality.
 - *Business and Professional Women's Foundation*
bpwfoundation.org
This organization serves as an advocate for working women on work-life balance and workplace equity issues. Local organizations provide scholarships and professional development, networking, and political activities.
 - *National Association of Women Business Owners*
nawbo.org
This organization represents the interest of women business owners.
 - *U.S. Department of Labor – Find It! By Audience – Women*
dol.gov/dol/audience/aud-women.htm
This site provides many links to resources about women in the workforce.
 - *Women Employed Institute*
womenemployed.org
This resource serves as an information exchange and action network for women.
 - *Women in Higher Education*
wihe.com
This site focuses on leadership and career strategies of women administrators.
 - *Women in the Workforce – About.com*
careerplanning.about.com/cs/forwomenonly/Women_in_the_Workforce.htm
This site contains various articles and links related to issues women face in the workplace.
 - *Women For Hire*
womenforhire.com
This resource provides information on career fairs, online job boards, and career networking for women.
- c. If interested in returning to school, the FSU Center for Academic & Professional Development offers workshops for improving technology and writing skills. (850) 644-3801, **learningforlife.fsu.edu**.
- d. Visit FSU's Office of Financial Aid (UCA 4400) to learn about possible scholarships. (850) 644-0539, **finaid.fsu.edu**.
- e. Use Professionole in SeminoleLink (**career.fsu.edu/professionole**) to network with alumni and friends of FSU in career areas that interest you.
- f. Learn about women's organizations for specific professions that interest you using the *National Trade & Professional Associations Directory* VIE N3 (page 700).

