

Module 11

Making a Career Transition

Objectives

1. To explore the issues involved in job and career transitions.
2. To identify the kind of change desired or adjustments needed.
3. To begin changing or adjusting your situation.

Below Are Activities to Help You Achieve This Objective

- a. Discuss your situation with a Career Advisor and evaluate options by dropping in during hours posted on **career.fsu.edu**.
- b. Perform a search using Career Key to locate resources related to this topic. Click on "Career and Life Planning/Career Transitions."
- c. Review materials in Module 11 folders in Mobile file.
- d. Complete the Transferable Skills Checklist and/or Work Values Locator in the Choices Planner computer system (**bridges.com/cpflorida**) to select transferable skills and values you might wish to use in searching for new or alternative occupations.
- e. Complete the Values Card Sort under the Self-Assessment section in the SIGI 3 computer system to clarify what is important or desirable to you in your career change. Available at **career.fsu.edu/sigi** (ask a Career Advisor for password), click on "Career Planning".
- f. Review Module 2, *Making a Career Decision* for possible activities.
- g. For career changes, review Module 3, *Exploring Your Interests, Values, & Skills*, for additional self-assessment activities.
- h. For lifestyle changes, review Module 7, *Balancing Work and Leisure*.
- i. For job changes, review Module 13, *Launching Your Job Campaign*.
- j. Interact with the eDiscover and SIGI3 (**career.fsu.edu/sigi**) computer-assisted career guidance programs. (see a Career Advisor for access to these systems)
- k. If applicable see *Getting Started at FSU*, a guide in Module 11 found the Mobile File.

