Module 17

Dual Career Couples and Families

Objectives

1. To locate information and resources to help you create a tentative education or career plan with special attention to dual career couples and/or families.

2. To provide you with the opportunity for self-assessment through examination of your values, interests, and skills.

Activities to Help You Achieve These Objectives

- Discuss your dual career couple and/or family situation with a Career Advisor to identify resources that might be helpful.

- Review Module 3: Exploring your Interests, Values, and Skills, to identify helpful self-assessment activities to better understand yourself in the context of your dual career couple and/or family.

- Review Module 9: Career Considerations for Women, to learn more about considerations for women in their careers.

- Review the Module 17 materials on dual career couples and/or families located in the Mobile Files in Section I of the Career Center Library. Ask a Career Advisor if you need help locating.

- Review the Guide to Good Decision Making with a Career Advisor.

- Complete a Decision Space Worksheet with a Career Advisor.

- Review the section of Your Career and Life Plan Portfolio (IA J5) on life roles.

- Complete the Values Card Sort with a Career Advisor to identify your values.

- Review or read materials in the Career Center Library relating to dual career couples and/or families:
  
  - It’s About Time: Couples and Careers
  - What’s Your Lane? Career Clarity for Moms
  - The Mom Economy
  - Women in Career & Life Transitions
  - The Military Spouse’s Employment Guide: Smart Choices for Mobile Lifestyles
  - Work at Home Now
  - Career Change: Everything You Need to Know to Meet New Challenges and Take Control
  - Your Rights in the Workplace
  - Career Development & Planning (Chapter 10)
Review the following Internet resources related to dual career couples and/or families:

**The Glasshammer**  
This organization provides career resources for professional women. They provide advice, coaching, and networking opportunities to empower women as they navigate their path to work.

**Business and Professional Women’s Foundation**  
[http://bpwfoundation.org/](http://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.

**Families and Work Institute**  
This non-profit organization is dedicated to providing research for living in today’s changing workplace, changing family, and changing community.

**Higher Education Recruitment Consortium (HERC)**  
This non-profit consortium of over 700 colleges, universities, hospitals, research labs, government agencies, and related non- and for-profit organizations. Consortium members share a commitment to hiring the most diverse and talented faculty, staff, and executives. HERC has tools to help you and your partner find jobs within a commutable distance.

- If you are interested in returning to school, the FSU Center for Academic and Professional Development offers workshops for improving technology and writing skills.  
  (850) 644-3801, learningforlife.fsu.edu

- Visit FSU’s Office of Financial Aid (UCA 4400) to learn about possible scholarships.  
  (850) 644-0539, finaid.fsu.edu

- Use ProfessioNole in SeminoleLink ([finaid.fsu.edu](http://finaid.fsu.edu)) to network with alumni and friends of FSU in career areas that interest you.