

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.

Activities to Help You Achieve This Objective

- Discuss your situation with a Career Advisor and evaluate options by dropping in during hours posted on career.fsu.edu.
- Review materials in Module 11 folders in the Mobile File.
- Review the following books in the Career Library:
 - The 10 Laws of Career Reinvention: Essential Survival Skills for Any Economy*..... IB M5
 - The Encore Career Handbook*..... IB M3
 - Expert Resumes for Career Changers*.....VA E51
 - Career Change: Everything You Need to Know to Meet New Challenges and Take Control of Your Career*.....IB H4
- Interact with SIGI3 (<http://career.fsu.edu/Students/Plan-Your-Career/Explore-Majors-and-Careers/SIGI>) a computer-assisted career guidance program (see a Career Advisor for access to the system). Complete the “Values Card Sort” under the Self-Assessment section in the to clarify what is important or desirable to you in your career choice.
- Review Quick Guide, *Making a Career Decision* for possible activities.
- For career changes, review Quick Guide, *Exploring Your Interests, Values, & Skills*, for additional self-assessment activities.
- For lifestyle changes, review Quick Guide, *Balancing Work and Leisure*.
- For job changes, review Quick Guide, *Launching Your Job Campaign*.



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