

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 Quick Guide, *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 Quick Guide, *Career Considerations for Women*, to learn more about considerations for women in their careers.
- Review the Quick Guide, 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*.....IF M6
 - What's Your Lane? Career Clarity for Moms*.....IG4 A2
 - The Mom Economy*.....IG4 W5
 - Women in Career & Life Transitions*.....IG4 A5
 - The Military Spouse's Employment Guide: Smart Choices for Mobile Lifestyles*.....IB F31
 - Work at Home Now*.....IE D8
 - Career Change: Everything You Need to Know to Meet New Challenges and Take Control*.....IB H4
 - Your Rights in the Workplace*.....IE R4
 - Career Development & Planning (Chapter 10)*.....IA R4

- Review the following Internet resources related to dual career couples and/or families:

The Glasshammer

<http://theglasshammer.com/>

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/>

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

<http://www.familiesandwork.org/>

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)

http://www.hercjobs.org/jobseeker_tools/Dual-Careers/dual_career_resources/index.html

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 ProfessionNole Mentors in SeminoleLink *powered by Handshake* (www.career.fsu.edu/SeminoleLink) to network with alumni and friends of FSU in career areas that interest you.

