Career Considerations for Women

Objectives

1. To provide you with the opportunity for self-assessment through examination of your skills, interests, accomplishments, experiences, and motivations.
2. To locate information resources to help you create a tentative education or career plan with special attention to considerations for women.

Activities to Help You Achieve These Objectives

- Discuss your situation with a Career Advisor.
- Review Quick Guide, *Exploring Your Interests, Values, & Skills,* to identify helpful self-assessment activities.
- Review print materials in the Career Center Library relating to women and work:

  Advancing Women in Business – The Catalyst Guide..... IG4 C3
  Style Bible: What to Wear to Work..... VB R6
  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
  Vault Guide to Conquering Corporate America for Women and Minorities..... IG K3
- Review Internet resources relating to women and work:

  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 and entrepreneurs.

  Department of Labor –Find It! By Audience—Women, dol.gov/dol/audience/aud-women.htm
  This site provides many links to labor force statistics and other resources for 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,
http://www.about.com/careers/topic/Best-Jobs-for-Women
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.

- 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
- Visit FSU's Office of Financial Aid (UCA 4400) to learn about possible scholarships.
  (850) 644-0539, http://financialaid.fsu.edu/
- Use the ProfessioNole Mentors program (https://www.career.fsu.edu/professionole-mentors-program) to network with alumni and friends of FSU in career areas of interest.
- Learn about women's organizations for specific professions that interest you using the *National Trade & Professional Associations Directory*.....VIE N3 (page 700).