Agenda

- Outcomes
- Introduction
- Past & Present – Clues to Future
- More Self Discovery Resources
- Action Steps
- Questions
Outcomes

- Break Down and Begin Self-discovery Tasks
- Generate Qualitative Data (themes)
- Normalize the Process
- Determine Action Steps
The Career Development Process

Know Yourself
What do I want to do?  How am I unique?

Focus Your Plans & Begin the Job Search
How do I find a job or internship?

Research & Explore What's Out There
What options do I have?

Model from Career Development Center, Stanford University
Why are YOU looking to change?

Adapted from, “5 Reasons to Consider Changing Careers” By Michael Peggs, The MUSE

Fell into current career
Fell into your current career

Life Change Sparked New interests
Life change – re-evaluate our choices

Job Outlook Bad
Economic, technological, political

Evolving Field speaks to you
Developed an interest in a new field, want to be cutting edge

Misaligned Core Values
Core values guide the way we live and a factor in job satisfaction
Self Discovery
Planned Happenstance
A Mindset

Non-linear
No direct path
Lateral moves

Values
Individual
No right or wrong answer
Ask yourself

- Am I in flow?
- Would I do this for free?
- Is it fun?
- Am I energized?
Too many options: Rule out as much as rule in

- Peek at the job market
- Think long term
- Step into the trenches (try it on)
  - Not for life
  - Volunteer
  - Free lance work
  - Shadow
- Hobbies – career or non-work fun!
- Ever changing might be fine

*Drowning in Career Options: What to do When You Have Too Many Passions, By Kacey Crawford*
Barriers to making change

- Stability
- Fear of failure
- Outside noise
- Seems crazy

- How counter balance
- Are you ready for change
- Transition towards change
- Just jump
- Hybrid
Action Step
Input From Others and/or
One thing I will do....