Navigating the Waters of Career Change

PRESENTED BY SUE GORDON, MS, NCC, LCPC
DIRECTOR OF CAREER DEVELOPMENT, AMERICAN UNIVERSITY
JHU MASTER OF SCIENCE IN COUNSELING, '94
Change

- Re-entry
- Re-imagined
- Moving up
- Unplanned
CAN’T
BUT
BARRIERS
JUST
SHOULD
Choose....
Factors in career decision

- Interests
- Personality
- Skills
- Values
Formal Assessment

- MBTI
- Interest Inventories
  - Strong Interest Inventory
  - Self-Directed Search
- StrengthsFinder
Informal
Peak Experience Exercise

- Consider a time when...
  - You were fully engaged in a project (work, volunteer, family, etc.)
  - You enjoyed the project
  - You felt proud or “accomplished”

- Write about it...
  - What was the project?
    - What skills did you use?
    - What did you enjoy the most
    - What values did it appeal to—why did you enjoy it so much?

- Share it—others will see things you don’t.
Wandering Map*

*From Katharine Brooks, EdD, author of “You Majored in What?”
Skills

Yo hablo español
Transferable Skills
Putting it all together
Research

- Professional Associations
- Google
- LinkedIn
Talk to people in your target fields
A final note

Breathe

Take care of your body, take care of your mind
Go around the barriers
Choose your fork in the river
Make the changes
Ride the rollercoaster
And you will arrive!