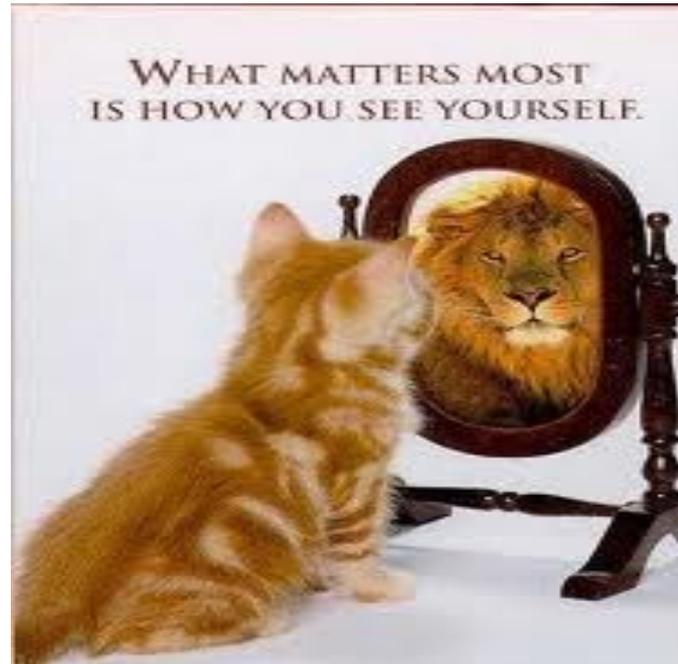


WHY IS CAREER DEVELOPMENT SO IMPORTANT?

Topic #2

Career Development Components

- Personal Management:
 - Self Awareness
 - Life roles/ relationships
 - Life changes and growth



Career Development Components

- Career Exploration / learning and work exploration
 - Global influences (political, economic, environmental, and technological)
 - Employability skills
 - Lifelong learning
 - Financial management



Career Development Components

- Career Preparation:
 - Life/work role balance
 - Decision making/ problem solving
 - Goal setting
 - Life experiences (work/leisure)



Why is Career Development so Important?

- When you have a solid plan you are better able to identify potential opportunities and various internal(interests, abilities) and external influences(family, home, school, community etc) that could influence overall career development)
- All your experiences shape your career development. Your life roles, environment and events in your life (graduation, marriage,



Why is Career Development so Important?

- And connections with others serve as building blocks in your career. The decisions we make can have a big impact on the direction that our career takes



- Case study pg. 7

Balanced Decision Making

- Logical Thinking(brain) VS Intuition (your gut feeling)



The goal is to make effective well informed decisions

- Analyze all the information, data, and alternatives
- The ultimate decision will be individual, it must suit you

Look at the decision from all angles

Balanced Decision Making

- Jenny's Story pg 11
- 1. what did Jenny learn about career development from her father?
- 2. what evidence is there that Jenny made a balanced decision?

Planned Happenstance Theory

- This Theory considers the idea that individual chance occurrences can greatly impact one's career development.
- You need to recognize all opportunities presented in life so you can capitalize on seemingly insignificant or unexpected opportunities

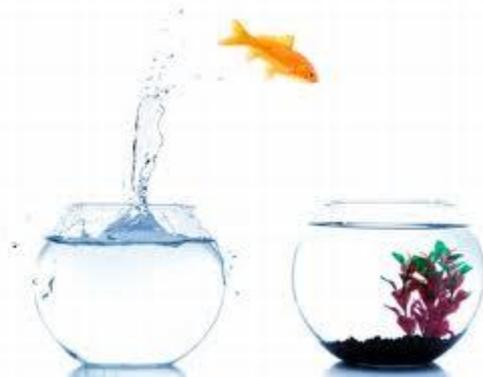
Planned Happenstance Theory

- Choices regarding opportunity are connected to experience and future options
- You need to reflect on your sources of influences and how career choices could be the result of messages conveyed, directly or indirectly
 - Media
 - Culture
 - Family
 - Peers income
 - Religion



Adapting to Change

- **Adapting to change** allows you an opportunity to reflect on the transitions/changes that occur naturally in your life
- Some changes are **predictable**, others occur due to external events or experiences
- Change is **inevitable**- you must accept change as a part of life and participate in the experience



Adapting to Change

- You need to see change as an opportunity for growth and develop strategies to help you deal with change
- **Personal Development areas** affected by change
 - Social
 - Emotional/psychological
 - Physical
 - Educational/intellectual
 - Spiritual



Adapting to Change

- **External factors** precipitating change
 - Demographics
 - Technology
 - Globalization
 - Politics
 - Economy
 - Changing workplace



Class work

- Pages 138-139 in textbook
- Complete case studies on handout and place in notebook, will be evaluated as part of your career content portfolio mark, notebook section.



How will you cope with change?



- There will be many times in your life when change will occur suddenly and that things will not work out as they intended.
- Individuals need to develop resiliency.

Resiliency

- The extent to which we keep our spirits up and adapt when things do not work out as we would have liked.
- Individuals who have a positive self-esteem have a greater ability to cope with change, forge ahead even through the challenges, and bounce back from adversity and failure.
- The more resilient one is the more one can “bounce back”

Adaptability

- The capacity to be able to initiate and welcome change. It allows for a greater readiness and willingness for training and skill development, and facilitates the transition to workplace change such as , technological changes, continuous growth and development in organizations.



Flexibility

- The capacity to adjust to the quality and quantity of changes in the work environment. Ex. Reprioritization of existing and additional responsibility, work hours, training, upgrading, etc.
- The ability to adapt and work effectively within a variety of situations, and to work with various individuals or groups
- Understanding and appreciating different and opposing perspectives on an issue, adapting one's approach as situation changes, and changing or easily accepting changes in one's own department or job requirements.

Responding to change



- Read text page 250.
- Complete Case studies: Donna's Story and Peter's Story on the handout and place in Notebook section.

Well-Being

- A contented state of being happy, healthy, and prosperous.
- How do you achieve well-being?
- 7 areas of well-ness:
 - Physical
 - Emotional
 - Intellectual
 - Social
 - Spiritual
 - Occupational
 - environmental

Holistic

- Emphasizing the importance of the whole and the interdependence of its parts
- Concerned with the **whole** of ones career, as its parts all work together



Case studies



- Page 230-231 in text book. Read case studies and answer the questions in the activities, to be placed in your Career Portfolio when complete