

Module 17

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 Module 3: *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 Module 9: *Career Considerations for Women*, to learn more about considerations for women in their careers.
- Review the Module 17 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:

<i>It's About Time: Couples and Careers</i>	IF M6
<i>What's Your Lane? Career Clarity for Moms</i>	IG4 A2
<i>The Mom Economy</i>	IG4 W5
<i>Women in Career & Life Transitions</i>	IG4 A5
<i>The Military Spouse's Employment Guide: Smart Choices for Mobile Lifestyles</i>	IB F31
<i>Work at Home Now</i>	IE D8
<i>Career Change: Everything You Need to Know to Meet New Challenges and Take Control</i>	IB H4
<i>Your Rights in the Workplace</i>	IE R4
<i>Career Development & Planning (Chapter 10)</i>	IA R4

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

The Glasshammer

theglasshammer.com/2011/10/25/10-tips-from-two-dual-career-couples-who-are-making-it-work/

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

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

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)

hercjobs.org/dual_career_couples/dual_career_resources/

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 Professionole in SeminoleLink (finaid.fsu.edu) to network with alumni and friends of FSU in career areas that interest you.



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