

## Module 11

# Making a Career Transition

### Objectives

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1. To explore the issues involved in job and career transitions.
2. To identify the kind of change desired or adjustments needed.
3. To begin changing or adjusting your situation.

### Activities to Help You Achieve This Objective

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- Discuss your situation with a Career Advisor and evaluate options by dropping in during hours posted on [career.fsu.edu](http://career.fsu.edu).
- Review materials in Module 11 folders in the Mobile File.
- Review the following books in the Career Library:
  - The 10 Laws of Career Reinvention: Essential Survival Skills for Any Economy*..... IB M5
  - The Encore Career Handbook*..... IB M3
  - Expert Resumes for Career Changers*..... VA E51
  - Career Change: Everything You Need to Know to Meet New Challenges and Take Control of Your Career*.....IB H4
- Interact with SIGI3 (<http://career.fsu.edu/Students/Plan-Your-Career/Explore-Majors-and-Careers/SIGI>) a computer-assisted career guidance program (see a Career Advisor for access to the system). Complete the “Values Card Sort” under the Self-Assessment section in the to clarify what is important or desirable to you in your career choice.
- Review Module 2: *Making a Career Decision* for possible activities.
- For career changes, review Module 3, *Exploring Your Interests, Values, & Skills*, for additional self-assessment activities.
- For lifestyle changes, review Module 7: *Balancing Work and Leisure*.
- For job changes, review Module 13: *Launching Your Job Campaign*.

