

Should I Stay or Should I Go?

Navigating Career Transitions within Education Abroad

Forum on Education Abroad Conference 2019

Take a moment to consider your professional trajectory. Complete the reflection questions below to help guide your decision-making when it comes to negotiating what's next.

Reflective Exercise: My Career Self-Assessment Questions

Negotiating for Change:

- Is there a professional pathway for me and my interests/skillset clearly defined at my institution or organization? If there is not a clear pathway that resonates, am I comfortable enough with the mission, vision, and values to create a pathway that will satisfy my professional goals?

- What do I currently do well in my position? What do I want to do more of that I am not currently doing that will contribute to my employer? How does my institution or organization support professional growth?

- How do I feel valued as an employee? Is my current employer currently meeting my value needs? Is my current employer capable of meeting my value needs?

Networking for Change:

- Think of a role you aspire to hold. Who holds that role currently? Why are you interested?

- There are many different kinds of networking. What are you familiar with? What would you like to try?

Planning for Change:

- What are my long-term career goals? What is important to me?

- What do I need to achieve these goals (e.g. skills, education, experience)?

Factors that influence you most in making a career change (check all that apply, then prioritize from 1 to 5 with 1 being the most important):

- _____ Family Responsibilities
- _____ Autonomy
- _____ Compensation and Pay
- _____ Work environment
- _____ Job satisfaction
- _____ Advancement
- _____ Location
- _____ Lifestyle
- _____ Other: _____

Think of a recent change you've made in your career and list 1 or 2 specific challenges you faced and how you were able to overcome them. Consider how the lessons learned have shaped the person you are today and their impact on your career. What led to the change?

Challenges you have faced:

1.

2.

Your coping strategies when dealing with difficulty:

1.

2.

Lessons learned from these challenges:

1.

2.

Action Plan

After spending some time discussing with others, what three steps can you take when you return home from the conference to advance your career?

1.

2.

3.

More questions? Want to follow up on something you heard today? Feel free to contact us:

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