CAREER COUNSELING MODEL: ADULTS IN TRANSITION Initial Assessment Precipitant Crisis Intervention Work and educational history Personal and family history Social supports Motivation and flexibility Career identity/Career stability Resources **SELF-EXPLORATION:** WIDEN IDENTITY AND OPTIONS Self-assessment **Transition** Informal and formal Impact of change Interests Loss and grief Skills, abilities Health status Accomplishments Reframe loss Motivation and style Family Adjustments Environment Financial/security needs (Whole brain strategies) **IDENTIFY OPTIONS** REAL WORLD EXPLORATION Research Marketing Plan Sources of jobs (variety) Workplace trends Networking Library search Resume and letter writing Trade journals Interview preparation Association meetings, literature NARROW OPTIONS/GOALS 🚣 ADDRESS ANXIETY CHOICES/CONSTRAINTS Search Campaign Confidential communicating (video/role play) Feedback/phone consultation

Negotiating and compromise Targeting organizations Tailoring search methods Identifying "hinge" jobs Resilience: rejection or delaying gratification

Persistence

Considerations: Identity, Competency, Self-Advocacy, Time, Money, Support