



Career Planning

Barbara Houtz

National Institutes of Health



Why do I need to plan for a specific career?

- Statistics from the US Department of Labor show that workers between the ages of 18 and 38 change jobs an average of 10 times.
- Many people change jobs because they just didn't like what they were doing.
- Others leave because they didn't have the skills required to be promoted to a higher position.



Workforce Skills in the 21st Century

- The ability to read at a “high school level”
- The ability to do math at a “high school level” (algebra and geometry)
- The ability to solve semi-structured problems and to originate improvements
- The ability to work in teams
- Skills in oral communications
- The ability to detect errors



Fastest growing job markets

- Occupations that require little to no skills or training:
 - Retail sales
 - Janitors and cleaners
 - Food preparation and serving, including fast food workers
 - Laborers and freight, stock, and materials movers by hand (does not include truck drivers)



Fastest growing job markets

- Occupations that require extensive training and education
 - Registered nurses (R.N., B.S., M.S.)
 - College teachers (M.S., Ph.D.)
 - General and operations managers (B.S. or higher)
 - Computer software engineers (B.S. or higher)



There is no middle ground

- With the change from a national to a global economy, US companies can find skilled workers more cheaply if they look to China and India.
- US workers must become highly skilled in order to get a job that will allow them to live comfortably:
 - house, car(s), pay bills, save for retirement



What can you do right now??

- Assess your own skills in:
 - Math
 - Reading
 - Writing
 - Problem-solving
 - Working with a team
 - Communicating



Realize that the world is changing

- Be prepared to develop a broad range of skills and ability.
- Every good job requires computer skills: just bn abL 2 snd & rx IM r tx aint nuf.
- More education = more pay.
- More skills = > chance of being hired.



START PLANNING NOW!
