



ENLIGHTEN EXERCISE #13

Identifying Your Career Stage

Directions: Which career stage below best describes you now? What are the implications for your current stage for work and life balance and professional growth and development?

STAGE 5: Late Career (age 55-retirement):

Remain productive in work, maintain self-esteem, prepare for retirement.

STAGE 4: Mid-Career (age 40-55):

Reappraise early career and early adulthood goals, reaffirm or modify goals, make choices appropriate to middle-adult years, remain productive.

STAGE 3: Early Career (age 25-40):

Learn job, learn organizational rules and norms, fit into chosen occupation and organization, increase competence, pursue goals.

STAGE 2: Organizational Entry (age 18-25):

Obtain job offers from desired organizations, select appropriate jobs based on complete and accurate information.

STAGE 1: Preparation for Work (age 0-25):

Develop occupational self-image, assess alternative occupations, develop initial occupational choices, pursue necessary education.