Planning for an Unpredictable Future:

How to Respond to a World of Constant Change


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Planning for an Unpredictable Future: How to Deal with a World of Constant Change

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Overview:
Today’s job seekers need to make life decisions in a world of constant change. Participants will understand what affects career decision making, which factors are stable, and which are not. Participants will understand what they can control and what they can’t, which will allow them to make effective decisions in a world of uncertainty and constant change.

Learning Outcomes:
Participants will understand:
- The world is in a constant state of rapid change.
- These changes will directly impact their success at reaching their education and career goals.
- What factors are used to make education and career choices
- Which of those factors are stable and which are not stable
- Which of those factors should be the foundation for their education and career choices.
- How they can cope and respond to a world of constant change
- What they can control in a changing world, and what they cannot control.

Why this workshop?
- World is in a state of constant/rapid change
- People still operate on unquestioned expectations/assumptions
- Many don’t see how this rapid change is affecting those expectations/assumptions
- Many don’t see how this rapid change is affecting their lives
- People need new “life skills” to cope

Today’s Assumptions
Do you have any of these?
- There are “one-size-fits-all” solutions to problems
- There are “experts” who can give me the “right” answers to my questions/problems
- A college education automatically leads to a better way of life
- Once I have that “piece of paper”, I’ll be set for life
- Once I have that “good job”, I’ll be set for life and can relax
- There are “recession-proof” jobs out there
- I have job security because…. I work for ‘the government, have seniority, have union protection, etc.

What is the Common Theme?
There is one unchanging foundation upon which I can base my life decisions
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**Today’s Reality**
The following videos help illustrate what is happening in today’s world.

- **Shift Happens**
  http://www.youtube.com/watch?v=TZjRJeWfVtY&feature=related
- **Responding to Change**
  Scene from the movie, “Life As a House”
- **Trends Come and Go**
  Scene from the movie, “A lot Like Love”

**Coping with Constant Change**
Some people find it intimidating to have to imagine planning for a world of constant change. However, there are things you can do to deal with this:

- Engage in Continual Self Awareness
- Understand Your Generation Will Affect Your Attitude
- Monitor Your Attitudes and Expectations
- Develop Good Life Skills
- Accept Responsibility for Your Career
- Accept a Need for Multiple Careers in Your Lifetime
- Develop Good Job Search Skills
- Accept a Need for Lifelong Learning

**Engage in Continual Self Awareness**
Several decades ago, it was expected that if you get a good job, you will be set for life. Often times people would look for stability, pay, and benefits when choosing a potential job. Whether or not you liked your job, or were talented for it was not really important. You could develop any skill you were lacking. Employers would often look at an employee as an investment in the future: How many years can they devote, and how can they train them to best do their jobs?

However, we now living in a world where employers want to know what you can contribute TODAY, not what have you done in the past, or what potential you have for the future. When they hire a new employee, they will expect that person to “hit the ground running,” and often do not have time for on-the-job training. Also, since everything is changing so fast, employees will need to be constantly learning new skills and new ways of doing their jobs. You will also be constantly competing with others as you look for new jobs. We are all gifted and equipped in different ways. Some jobs are a good fit for who we are, and some jobs are a bad fit for who we are. It is much easier to engage in life-long learning when we fit well with our jobs than when we do not. It is very hard to have to constantly learn a new way of doing a job we hate. So, constantly be aware of:

- Who you are
- How you are gifted
- How you are NOT gifted
- What are your interests and values
- What kinds of careers/jobs will suit you
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- What kinds of careers/jobs will NOT suit you
- How you change, grow, and adapt over time

**Follow Up Activities: Self Awareness**
The following activities will help you to better develop your self-awareness.

**Visit:**
Visit the Career Planning Center to discover all the resources available to help you. There are several online databases to help you search for careers based on your personality, interests, values and skills. There are also several books to help you with your research.

**Workshops:**
Participate in the following workshops. If you can’t attend, then pick up the handouts.

**Career Assessment & Interpretation**
You will take two of the most widely used career assessments in the world. A qualified administrator will give the Myers Briggs Type Indicator (MBTI) for personality, and Strong Interest Inventory report. Information from these reports will help you identify what you have to offer potential employers, how to identify appropriate jobs, careers and/or education to pursue. Upon successful completion of the workshop, you will receive your personalized reports. You will also learn about other possible assessments which you can pursue on their own.

**Identifying Your Transferrable Skills**
You will learn how to identify many transferrable skills they have developed as a result of their innate abilities, education, work experience, and life experiences. You will also receive information about how to find potential jobs/careers that need such transferrable skills.

**Classes:**
Consider taking some classes which will give you a better sense of who you are.
- COUN 141: Career Exploration
- COUN 150: Academic & Life Success
- COUN 151: Career & Life Planning

**Handouts:**
Come to the Career Planning Center and pick up the following handouts. They will help you get a better sense of who you are.
- Generational Values
- Success
- Values Survey
- How to Manage Conflicting Priorities

**Your Generation Will Affect Your Attitude:**
Realize your generation will affect your attitude:
- **Matures** (*Born before 1946*)
- **Baby Boomers** (*Born between 1946 – 1964*)
- **Generation X** (*Born between 1965 – 1977*)
- **Millennials** (*Born 1977 – 2000*)
**Generational Differences:**
The following chart gives a brief overview of some of the differences between the four generations that are currently in the workplace.

<table>
<thead>
<tr>
<th>Generational Group</th>
<th>Grew up with:</th>
<th>Attitudes &amp; Strengths:</th>
<th>Weaknesses:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Millennials:</strong> (1981 – 2000)</td>
<td>Technology, Diversity, Change, “No Child Left Behind”</td>
<td>Adaptable, Tech Savvy, Tolerant</td>
<td>Want a job on their terms</td>
</tr>
<tr>
<td><strong>Generation X:</strong> (1965 – 1980)</td>
<td>Uncertainty</td>
<td>What’s In It For Me?, Want “work/life balance”</td>
<td>Not loyal to employers</td>
</tr>
<tr>
<td><strong>Baby Boomers:</strong> (1946 – 1964)</td>
<td>Prosperity, Stability, Equal Opportunity</td>
<td>Value goal achievement</td>
<td>Workaholics</td>
</tr>
<tr>
<td><strong>Matures:</strong> (Before 1946)</td>
<td>Great Depression, WWII, Big Institutions, VI Bill</td>
<td>Value Tradition, Loyalty, Hard Work, Discipline</td>
<td>Less comfortable with change and diversity</td>
</tr>
</tbody>
</table>

**Follow Up Activities: Generational Differences**

**Visit:**
Visit the Career Planning Center to discover resources for the different generations.

**Workshops**
Participate in the following workshops. If you can’t attend, then pick up the handouts:

- **Career Assessment & Interpretation**
  As mentioned before, the information from these reports will help you identify what you have to offer potential employers, how to identify appropriate jobs, careers and/or education to pursue.

**Classes:**
Consider taking some classes which will give you a better sense of who you are.

- COUN 141: Career Exploration
- COUN 150: Academic & Life Success

**Handouts:**
Come to the Career Planning Center and pick up the following handouts. They will help you get a better sense of who you are.

- Generational Values
- Success
- Values Survey
Monitor Your Attitudes & Expectations
Notice what is the foundation of your decision-making process because your attitudes and expectations will affect how you see the world. They will also affect your decision-making process.

- Are you still looking for that unchanging foundation upon which to base your life?
  It is understandable why people may want some stability in their lives; but unfortunately, today’s world is one characterized by constant change. Not recognizing that our assumptions may need to be updated can cause people to experience painful paradigm shifts when these changes catch them by surprise.

- Recognize and accept the world in which you live
  The most important thing you can do to survive this changing world is to recognize what is happening so you can respond well when those changes affect your life. Refusing to accept that anything is subject to change will create problems with your job when your employer needs to have employees cooperate when they need to make necessary changes in order for the institution to evolve with the changes. Employees who resist change are usually the first ones to get laid off when the institution needs to make difficult choices.

- Are you still expecting job security in a changing world?
  This expectation is more likely going to be an issue with the Baby Boomers and Matures because the world in which they started their career was one where job security could be expected. Unfortunately though, that world no longer exists. Now, when older job applicants apply for jobs expecting job security, they are often perceived as “just looking to wait out their time until retirement; thus resistant to change, and out of touch with reality.”

- What Foundation Are Your Career Decisions Based On?
  How do you currently make your job and career decisions? Are they based on expected job security, trends in the marketplace, or a good fit to who you are as a person?

- What should they be based on?
  If you are looking for a stable foundation on which to base your career decision, there is good news. There are a few things that can be expected to stay reasonably stable, even in a changing world. The chart below, “Decision-Making Variables” shows there are many variables which should affect your career decision-making process. Those variables can be grouped into three different categories: Stable, Able to Develop, and Constantly Changing. So if you want a stable foundation upon which to base your career choices, you should focus on your in-born nature because, while your environment will have some impact on you, your personality and talents are not likely to change, regardless of what is going on in the world around you.
Develop Good Life Skills
So you may be asking, “How do I cope in a world where everything is changing so fast that you can’t predict what the world will look like in ten years?” The answer for a new environment, we need new “life skills”. The good news is there are some things you can do to cope. The following are several “life skills” that will help you cope in a changing world; and fortunately you are probably already doing some of these:

Adaptability
The world in which many of today’s adults grew up was one where stability was highly valued. While stability has advantages, unfortunately sometimes it may not be the best response to unanticipated interruptions in one’s routine. Sometimes those disruptions to our expectations and routines are a way of getting us out of a rut and forcing us to learn to grow and adapt to changing surroundings. Whereas when you are able to adapt to unexpected changes easily and a positive attitude, you will experience less stress and trauma.

Resourcefulness
If we live in a world where we will need to change jobs frequently, we will not always be able to count on the job to provide for our needs such as medical insurance, retirement, etc. due to things
such as extended seasons of unemployment. In addition, if the only reason we chose a particular job is because of things such as medical insurance or retirement, that will limit our ability to look at things such as job satisfaction, meaningfulness, commute, opportunity for growth and development, etc. as motivators for accepting positions. Yet, if we can find creative ways to meet needs, such as providing for our own financial futures, etc. then we won’t be as devastated when we realize we need to change jobs. We will also feel free to make job decisions based on personal preferences rather than based on external forces.

**Self-discipline**
An individual who can figure out what needs to be done, and get it done without outside pressure, such as having their jobs threatened in order to make changes, will be able to reach their goals easier than the person who must be motivated by external pressure.

**Self-motivation**
In times gone past, individuals would look to their employer to take care of them by providing stability, benefits, and opportunities for advancement within the organization. Since these things are not easily found anymore, individuals need to find their own motivation from within themselves to inspire themselves to go above and beyond what is expected so they can achieve their dreams and goals.

**Knowing priorities**
We live in an age of “information overload” where distractions abound. Knowing what to focus on and when to ignore disruptions is crucial to success. You cannot keep up with everything that comes at you, so you need to learn to distinguish the difference between what is important and urgent and what is not.

**Ability to focus on a task/goal**
Related to knowing where your priorities are, is the ability to stay focused on a goal in spite of distractions and competing priorities. In the old days, people did not have too many options from which to choose. However, in today’s world of “information overload” individuals also are faced with “choice overload”. Individuals who have difficulty saying “no” to new options so they can finish a task at hand, will have difficulty achieving long-term goals, such as education, saving money, buying large homes, etc.

**Healthy boundaries**
Related to priorities and ability to focus on a task or goal is the ability to recognize when you should say “yes” and when you should say “no.” As mentioned before, an individual who has difficulty saying “no” will easily get distracted from their goals and/or priorities.

Another thing that is being affected by the changing world is where to set personal boundaries. Boundaries are invisible lines you draw to identify what is yours to own and what is someone else’s to own. Having healthy boundaries means knowing when it is acceptable to say “no” to someone or something else. Older generations lived in a world where everything was “black and
“white/ right and wrong”. Now we live in a world where everything is grey. So it can become more difficult to know when to say “yes” or “no”. In addition, living in a multi-cultural world can also make this difficult because what one culture considers to be right, another culture may consider to be wrong.

**Coping skills**

We live in an imperfect world, and that world will become more stressful as these changes affect our everyday lives. Unfortunately, there is no “magic pill” to solve the complex problems today’s world brings. The antidote to difficult living in this world is to have good coping skills. Knowing how to take care of yourself will help you deal with increased challenges. Therefore, it is more important than ever to learn how to deal effectively with stress, financial crises, relationships, and disappointments when life does not go the way we want. Coping skills include taking care of yourself mentally, emotionally, physically, spiritually, financially, and relationally. If you have difficulty addressing any of these needs, seek help from professionals in these areas.

**Stress management**

Living in a world of constant change can be rather stressful for some people, so individuals need to develop healthy ways of dealing with everyday stress. Not dealing with stress in a productive fashion will likely lead an individual to unhealthy and/or destructive coping methods and/or health problems in the long run.

**Money management (budgeting and saving)**

Individuals who have developed good money management skills, such as budgeting, developing savings, and living within one’s means will not be a stressed out during seasons of extended unemployment than will individuals who tend to spend every dollar they get, who live beyond their means, or are overwhelmed with debt.

**Relationship management**

In our individualistic culture, people sometimes do not realize the important role personal relationships play on our mental and emotional wellbeing. When individuals are stressed out about things going on in their lives, it will affect their personal relationships with family and friends. In addition, having people you can turn to when you are stressed who can listen, support and encourage you is another antidote to stress.

**Interdependence**

Our individualistic culture tends to tell us that we should always “carry our own weight” and not to be a burden on others. In the old world, this was a reasonable expectation: if you had a stable job, you could rather easily take care of meeting your own needs. However, one consequence of this lifestyle is that it is easy for individuals to get so wrapped up in their own lives to notice other people. Unfortunately, people who spend so much time pursuing personal goals and lives that they do not take the time to develop relationships with important people, will likely find there is no one there to help them when they at a point of need. Yet in today’s world of constant change, there will be times when you will need to depend on other people; and other people will
need to depend on you. The true challenge is making sure those times of interdependence are healthy and appropriate, rather than situations of relationship drama.

**Respect for authority**
One of the benefits of this changing world, is that individuals are becoming empowered with choices and freedoms because we are moving away from a world of oppressive authoritative figures keeping people down. Unfortunately, one of the downsides of this “empowerment of the masses” is that people are losing respect for authority. Today, it is not uncommon to see people talk back to or ridicule bosses, teachers, police, judges and politicians. These people tend to forget that respect goes both ways, and when you disrespect someone who has power over your life, consequences will follow. Those consequences can make your life more challenging. For example, a person who talks back to a police officer after being pulled over would be much more likely to get put in jail then to get just a warning. Also in today’s world of “information overload” our past errors in judgment can easily be discovered and come back to haunt us. Yet, when we treat people who have power and authority over our lives with due respect, they are much more likely to respect us and show us favor when opportunities present themselves.

**Follow Up Activities: Life Skills**
The following activities will help you to better address your “life skills” needs.

**Visit Career Planning Center**
Come to the Career Planning Center to get help and find out what online and print resources we offer.

**Workshops:**
Participate in the following workshops. If you can’t attend, then pick up the handouts:
- Are You In the Right Major?
- Career Assessments & Interpretation
- Goal Setting
- Time Management

**Classes:**
All of the following classes address some of the topics discussed here.
- COUN 144: Women & Careers
- COUN 150: Academic & Life Success
- COUN 152: Diversity in the World of Work

**Handouts:**
Come to the Career Planning Center and pick up the following handouts.
- Labor Market Trends
- Boundaries
- How to Manage Conflicting Priorities
- Managing Finances
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Accept Responsibility for Your Own Career:
In addition to developing good “life skills”, you should also change how you approach your career. A shift in attitude and expectations can help you deal with today’s unpredictable world.

Expect the Unexpected
In communication theory there is a theory titled, “Expectancy Violations Theory.” This theory states that when a person is expecting one thing, and the person speaking to them violates those expectations, they no longer hear what the speaker is saying, and instead focus on the fact that their expectations were violated. This concept is true in more ways than one. If a person expects that life will go one way, when it does not, that person is likely to be very upset. On the other hand, an individual who realizes they live in a world that is changing so fast, that anything is possible will not be as surprised when the unexpected happens. So one way to deal with a world of constant change is to expect the unexpected. Then you won’t be surprised when it actually happens.

Remember Unexpected Is Not the “End of the World”
Another way to cope with a changing world is to realize that sometimes the unexpected WILL happen and will consequently disrupt your plans. The phrase I like to use is “when life throws you a curve ball, realize it is not the end of the world. You just need to adjust your expectations and plans.”

Think In Terms Of “Journey” Rather Than “Goal”
Once a person has learned to expect the unexpected and even respond positively to it, there are still opportunities to adjust their attitude. It is easy to assume that when things don’t go as expected, they have somehow failed or wasted their time. However, they can still redeem those efforts by learning to think in terms of “journey” rather than “goal.”

Yesterday’s world was stable enough that a person could reasonably assume that if they set a goal and stayed focused, they would likely be able to achieve that goal. Unfortunately today’s world is not so stable or predictable. While there is still value in setting goals, it is important to not to become devastated if things don’t always go as planned. People need to learn to adapt when life throws something unexpected in to the mix. For example, a student can do everything they can to research a potential career to ensure it has promise; only to find that changes in the economy or technology forces the school to close the major he or she was pursuing before graduation. In that case, this is not a failure on the student’s part – this was something beyond his or her control. Instead, this student should take the time to realize this time of their life offered him or her an opportunity to grow and possibly lead to other alternatives. Remember: When one door closes, another door opens.

Continuously Maintain Your Employability
To survive in today’s world of constant change, people will need to make sure they keep their skills marketable since they could find themselves looking for new employment at any time. One easy way to do this is to take advantage of any training opportunities offered by one’s current employer. Not only will they be more marketable to the current employer, they will have

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more to offer potential employers as well should they find themselves needing to look for a new job.

*Follow up Activities: Accept Responsibility for Your Own Career*

**Visit Career Planning Center**
Come to the Career Planning Center for online and print resources which will help you learn how to take charge of your career.

**Workshops:**
Participate in the following workshops. If you can’t attend, then pick up the handouts:

- Are You In the Right Major?
- Unemployed and Looking for Answers
- Identifying Your Transferrable Skills

**Classes:**
The following class will give you the skills you need to help you take charge of your career

- COUN 151: Career Life Planning

**Handouts:**
Come to the Career Planning Center and pick up the following handouts.

- Dream Chasers & Goal Setters Journey
- Reaching Career Goals
- Several handouts on Job Search Tips, Resumes, Interviewing

**A Need for Multiple Careers:**
Today’s workers will hold 10-14 jobs by 38 years old. The economy-driven needs will affect your employer and the demand for its products/services. In turn, the demand for your employer’s products/services will affect your job as well. Consequently changes in the marketplace will also affect the demand for your skills and marketability. Understanding, accepting, and responding to these changes is the best way to deal with this changing world.

*Follow Up Activities: Multiple Careers*

**Visit Career Planning Center**
Come to the Career Planning Center for online and print resources which will help you learn how to take charge of your career.

**Workshop:**
Participate in the following workshops. If you can’t attend, then pick up the handouts:

- Are You In the Right Major?

**Classes:**
The following class will give you the skills you need to identify and achieve your goals, and to respond to a changing world.

- COUN 151: Career Life Planning
Handouts:
Come to the Career Planning Center and pick up the following handouts.
- Labor Market Trends
- 5 Signs You’re In the Wrong Major
- Job Search Tips, Resumes, Interviewing
- Reaching Career Goals

Develop Good Job Search Skills
In a world where job security does not exist, you will need to be prepared to look for jobs periodically. The marketplace changes affect everything, including how you look for a job and how you market yourself. The following are some things you can do to help you develop good job search skills.
- Be aware of the latest trends in the world and in your profession
- Be aware of the latest trends in the world of job search
- Maintain an updated resume and network
- Develop an “Employment History – Working Document” to track your complete history
- Know and where to find jobs in your profession
- Develop good interviewing skills
- Know where to find “survival jobs”, in case you will find yourself facing periods of extended unemployment.

Follow Up Activities: Job Search Skills
Workshop:
Participate in the following workshops. If you can’t attend, then pick up the handouts:
- Job Search Tips for Unique Populations (Unemployed, Over 40, Over Qualified, Disabled, Not So Hot Backgrounds, etc.)

Visit Career Planning Center
Come to the Career Planning Center to find print and online resources available to help you develop your job search skills.
Classes:
- COUN 151: Career Life Planning
- COUN 145: Changing Careers

Handouts:
Come to the Career Planning Center and pick up the following handouts.
- Job Search Tips, Resumes, Interviewing
- Labor Market Trends
- Reaching Career Goals
- Employment History – Working Document

A Need for “Lifelong Learning”
Know there is a difference between transferable and technical skills. Transferrable skills are those skills you can take with you from one career to another. Technical skills are specific to a particular job.
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**Develop strong transferable skills**
The following is a list of some transferrable skills in high demand in today’s world. Instead of technical skills, employers today care more about your ability to make effective decisions, communicate effectively and to get along with diverse groups of people.

- **Critical Thinking**
- **Communication** (Speaking and writing)
- **Interpersonal Skills** (dealing with others)

This is by no means an extensive list of all transferrable skills available. There are probably hundreds or thousands of transferrable skills. Most of the time, people tend to assume what they do is common sense, rather than a skill they have developed. Recognizing your transferrable skills for what they are will also help you know how to market yourself when you need to look for a job.

**Engage in lifelong learning of technical skills**
Whatever your professional field, be sure to keep up with the technology and other changes in your field. Not knowing the latest skills or techniques will impact your ability to get and keep jobs in this changing market. Keep up your skills in equipment and operational processes including computer skills.

**Know how to educate yourself**
How do you best learn? There are many ways to teach and to learn. Different people prefer to learn differently. Knowing which methods are most effective for your preferred learning style will help you make effective choices among many opportunities for learning. See “Life-Long Learning Options” document to help you identify advantages and disadvantages of many learning options available.

**Keep up with technological changes in your profession**
These changes mentioned are universal and worldwide. While many of the changes that occur may indeed be a passing fad, only time will truly tell which trends will come and go, and which trends will lead to new ways of getting the job done. So if you do not keep up with the trends, it will be harder to play “catch up” when some of those trends actually do lead to new ways of doing business.

**Recognize when changes will require a paradigm shift**
Sometimes, these trends will require you to make fundamental shifts in how you think, and what you assume reality is. For example, I know quite a few educators who are having difficulty accepting the fact that the majority of first-time college students come to college not ready for the academic and personal challenges they will face. These educators proclaim, “This is college! They should be ready when they get here!” This statement reflects an attitude from several decades ago when “only the best and brightest go to college.” Yes, I agree with this statement that students should be ready when they get to college. However, reality is they are not. We now live in an era of “education should be available to all” – whether they are ready to be here or not. So if we want our students to succeed, then we need to teach them how. As an institution, we need to deal with this phenomenon or face the consequences. If we don’t, the institution as a whole will suffer, few students will succeed; and institutional resources will be wasted. Then our
“customers” will take their business elsewhere; or the “powers that be” will start to wonder why they are paying us.

**Follow Up Activities: Lifelong Learning**

Visit:
- **Career Planning Center** to find options to help you identify your lifelong learning needs.
- **Transfer Center** to help you identify appropriate schools for transferring and to identify appropriate goals for transfer completion.

Workshops:
Participate in the following workshops. If you can’t attend, then pick up the handouts:
- Career Assessment & Interpretation
- Identifying Your Transferrable Skills

Classes:
The following classes can help you learn how to set appropriate educational goals.
- COUN 140: Education Planning
- COUN 150: Academic & Life Success
- COUN 160: College/University Transition

Handouts:
Come to the Career Planning Center and pick up the following handouts.
- Learning Pyramid
- Three Sensory Learning Styles
- Lifelong Learning Options
- Paradigm Shift

**Summary**
This workshop has presented a lot of information which can potentially be overwhelming to some people. However, there is good news: this information can be easily summarized as follows:
- The World Is Changing Rapidly
- Note What You Can’t Control and What You Can
  - You Can’t Control:
    - Economic Shifts
    - The Marketplace and its Trends
    - How You are Wired
  - You Can Control:
    - How You Respond to How You are Wired
    - Skills and Experiences You Choose to Develop
    - Your Education and Career Decisions
    - How You Prepare for Rapid Change
    - How You Respond to Rapid Change
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Handouts Provided At The Workshop:
- Decision-Making Variables
- Labor Market Trends
- Reaching Career Goals
- Lifelong Learning Options
- Rapidly Changing World
- Generational Values

Thank you for attending the “Planning for an Unpredictable Future” workshop. We hope you received answers to your questions and received important information to help you achieve your goals.

Recommended Additional Handouts:
- Success
- Values Survey
- Job Search Tips
- Winning Resumes
- Employment History – Working Document
- Interviewing Skills That Work
- Paradigm Shift
- 5 Signs You’re In the Wrong Major
- Three Sensory Learning Styles
- Learning Pyramid

Feel free to come by and pick up any of these handouts during normal business hours.

For further information, please contact:
Cypress College - Career Planning Center
9200 Valley View Street
Student Center Building, 2nd Floor
(714) 484-7120
www.CypressCollege.edu/services/cpc

Fall and Spring Semester Office Hours:
8:00 a.m. - 6:00 p.m. Monday - Thursday and 8:00 a.m. - 12:00 p.m. Friday (Closed on Fridays during the Summer)