

Maine Adult Education College Transitions

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Career Transition Theory

- A transition is characterized by a change in roles, relationships, and /or routines.
- A transition is an *event* or *non-event* that results in change

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- An *event* is something that happens:
 - getting married
 - having a child
 - getting a job
 - getting promoted
 - moving to another state
 - attending college...
- A *non-event* is something that you reasonably expected and wanted to happen, but it did not like not getting married, not having a child, getting fired, not getting a promotion, not graduating....

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- Transitions are a 'disruption' and cause stress, because they change:
 - Roles
 - Relationships
 - Routines
 - Assumptions about yourself & your world

SITUATION

- On a 1-10 scale, how "bad" is it?
- What is its timing (worst or best possible time)?
- How long is there to absorb its impact?
- Is there anything positive about it?
- How much control can I exert over it?
- Is it temporary or long in duration?
- All transitions have a beginning, middle, and end.

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- Can you **CHANGE** the situation? If so, try:
 - ▶ negotiate
 - ▶ seek advice (this may be adult ed)
 - ▶ assert your self
 - ▶ brainstorm ideas
 - ▶ taking action (possibly legal or training / education)

