



## ***Career Flow: A Hope-Centered Approach to Career Development, 1e***

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***Career Flow presents creative, innovative, and useful strategies for addressing career challenges in the 21st century. Learning these competencies will serve students throughout their lifetime.***

The metaphor of "career flow" is used to teach students about the career development experience. Providing a framework of essential career flow competencies helps students learn the key skills for taking control of their current and future career development. Each chapter offers objectives, a case example, tips, activities, questions for reflection, and additional resources so that students can master the various aspects of their career flow. Essential competencies of: hope, self-reflection, self-clarity, visioning, goal setting, planning, implementing, and adapting are described in detail. Activities are provided to help students develop these competencies for successful career self-management. The career flow metaphor lends itself to a comprehensive and realistic assessment of the career experience. Career flow moments can be rated whitewater (high demand), stillwater (low demand), or optimal (engaging and stimulating). Each type of career flow requires specific skills to manage challenges effectively.

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### FEATURES

- The "career flow" metaphor lends itself to a comprehensive and realistic assessment of the career experience.
- Essential competencies addressed and described in detail - hope, self-reflection, self-clarity, visioning, goal setting and planning, implementing and adapting
- Chapter case examples
- Reflection questions
- Discussion tips

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