

Firstly

Undergraduate and graduate students' essential task is deciding their future courses based on various student-life experiences.

It is natural for students to worry about their career paths because your time as an undergraduate and/or graduate student would be an exploratory stage of career development. You may have some of the following feelings.

I have both expectations and vague anxieties about becoming a member of society.

I feel that the specialized subjects do not fit me, and I worry about what to do after graduation.

People around me seem to have started looking for jobs. However, I don't know what to do and cannot start.

My parents and I have different opinions about my future.

I went to graduate school, and found that the competitive mood of the laboratory does not suit me. I started to consider a different path for my career.

This leaflet provides some hints for thinking about your future path and lifestyle.

**If any concerns,
feel free to contact us**

to think about your career and your future

On-campus consultations

Center for Counseling and Disability Services

Counseling Office TEL 022-795-7833

Disability Services Office TEL 022-795-7696

<http://cccds.ihe.tohoku.ac.jp/>

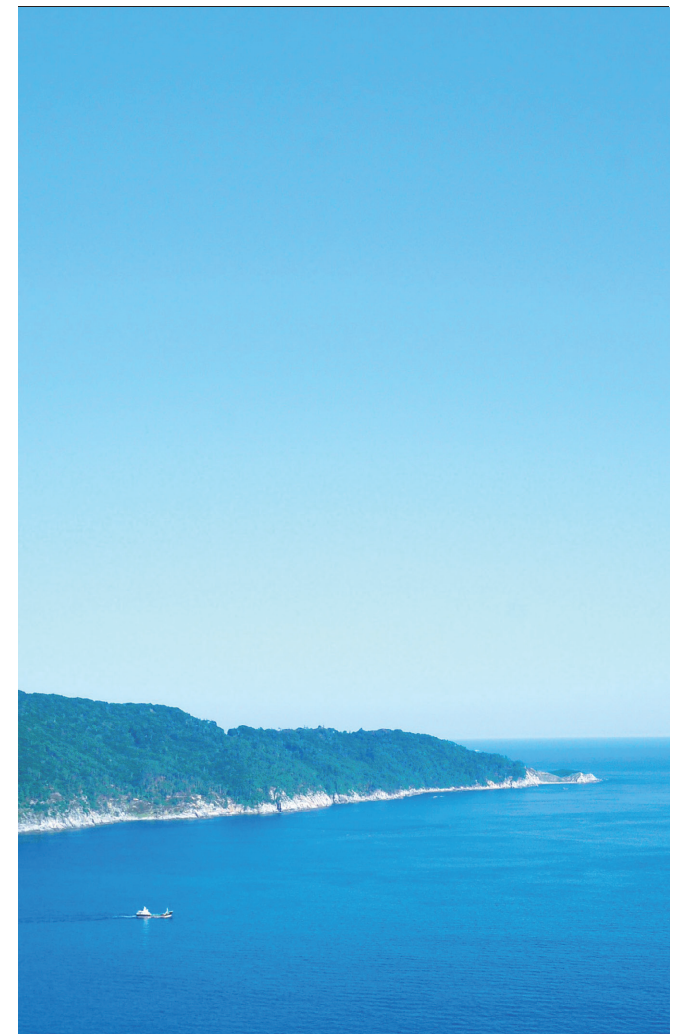
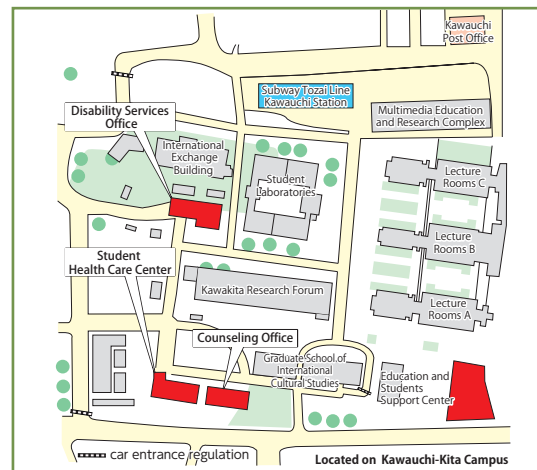


Center for Career Support

(Education and Student Support Center 3F)

TEL 022-795-7770

<https://www.career.ihe.tohoku.ac.jp/>



EMPOWERMENT Series ⑫

Career, Our Future

growing up as you are

Center for Counseling and Disability Services
Tohoku University

Thinking about your life

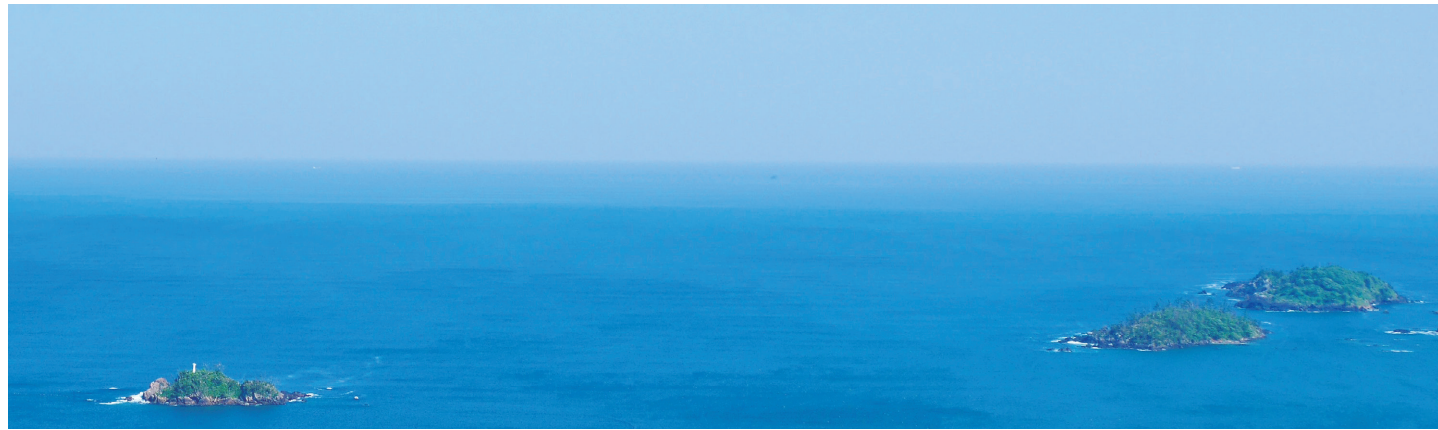
From the perspective of your roles in life

Career of one's life or lifestyle is defined as "the succession or accumulation of various roles a person has had in one's life."

Roles in a person's life include: being a child, a student, a worker, enjoying one's leisure time, being a spouse, a parent, etc. The primary role of a person at a particular time of one's life may differ according to the individual, and the one role may affect the other roles.

For example, one may start working and become 'a worker,' and still want to be a person who will 'enjoy one's leisure time,' or may want to lead a well-balanced life as 'a spouse,' 'a parent,' and 'a worker.' Some may want to re-study as 'a student,' while being 'a worker.'

Let's try to think of a suitable lifestyle for you with a broader perspective of how you may want to balance these various roles.



Thinking about what you may want to value

Thinking about yourself until now and from now on

- ① Reflect back on yourself about your studies, interpersonal relationships, hobbies, etc., and write down what you have been interested in, good at, poor at, and what you have learned from your experiences.
- ② Write down what you may want to aim for from now on.
- ③ Write down what you may want to value. If you value several things, note your priorities.

Looking for a role model

Look for someone who may become your role model to find clues for thinking about what you may want to value. The role model may be a senior student or someone doing the job you may want to do. You may also expose yourself to the life of various people through books.

Overcoming the milestone

Referring to 'skills to deal with unexpected events'

Goals and plans are necessary in deciding one's future path. However, unexpected events happen that may affect you.

When an unexpected event happens, try to use the following 'skills to deal with unexpected events.'

- ① Expand the range of interest (curiosity)
- ② Continuously make an effort for a period of time (persistence)
- ③ Accept some changes and do not stick to one thought (flexibility)
- ④ Perceive things positively and simply (optimism)
- ⑤ Challenge or adventure a little (risk-taking)

Asking others for help

Although it is essential to think about your career and your future by yourself, you may gain new insights by consulting others. Ask for help when deciding your career or when looking for a job.
