

PROTIPS

Changing Careers: Is It Time for a Career Change? by Marlene Legaspi-Munar

According to some experts, the average person may have to change careers at least three times during a life time. But how do you know when it's time to look for another job or to change careers? Tulad ng anumang sakit, may mga sintomas din ang isang naghihingalong career. Kaya suriin natin ngayon ang inyong mga sarili, lalo na ang inyong attitude sa pagtatrabaho upang matiyak natin kung kailangan nyo na ngang magbago ng propesyon. Here are some questions to ask yourself:

First question: **Are you bored?** Kung masigla ka sa iyong trabaho, malamang na tugma sa iyo ang iyong trabaho. Pero kung sa kabila ng ilang mga pagbabago o adjustment at nababagot ka pa rin at hindi mo na makita ang saysay ng pagpasok mo sa trabaho mula alas otso hanggang alas singko, then kailangan mo na sigurong magpalit ng trabaho.

Second question: **Do you dread going back to work on Monday?** Natural lang na kapag Biyernes ang hirit mo ay, "Thank God, it's Friday!" All of us who work from Monday to Friday look forward to a restful weekend with our family and loved ones. Pero kapag darating ang Linggo ng gabi at nalulungkot ka...kapag Lunes na naman at nadedepressed ka...kapag lagi ka na lang umaangal ng , "Oh no, it's Monday again!", hindi magandang senyales ito.

Does a big percentage of your work involve tasks that you dislike? A big motivation for us to stay in a job is the sense of satisfaction that we derive from our work. If we don't enjoy the tasks involved in our work, it will be hard for us to stay in that job. Of course, we should always work hard and persevere. But what we are talking here is a dislike due to conflict with your values or perhaps a big mismatch with your skills and aptitudes. Speaking of skills, may kinalaman diyan ang sunod nating tanong.

Third question: **Are you able to use your talents and skills in your present career?** Does your present career allow you to express your God-given talents and abilities?

May mga tao bang napapagpala habang ikaw ay nagtrabaho o resulta ng iyong pagtrabaho? A good indication that you are fitted to your job is when others are blessed by what you do because we work not only to earn a living, but also to serve others. Kung hindi ito nangyayari sa iyo, then give some serious thought to changing career.

Are you experiencing growth in your career? Not only financial growth, although it may be a big consideration but in other areas as well. Does your career enhance your spiritual growth, as well as your social growth? Ito ay mga bagay na dapat mo ring pag-isipan.

Alam natin na sa panahon ngayon hindi ganoon kadaling maghanap ng trabaho o mag-iba ng linya ng trabaho o propesyon. So before you consider a career change, pag-aralan mo munang mabuti. Ask God's guidance at makinig kayo uli bukas dito sa Protips para sa pagpapatuloy ng ating series na "Changing Careers".

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Changing Careers: Preparing for Career Change in Midlife by Marlene Legaspi-Munar

According to a report headed by Harvard economist James Medoff and published by National Study Center, middle-aged men are twice as likely to lose their jobs as they were thirteen years ago. Sa panahon nga naman natin ngayon, marami ang nawawalan ng trabaho dahil sa corporate downsizing and shifting technology. People in midlife, or those in their 40's and beyond, may also opt for a career change dahil nagbabago na ang kanilang interests o nasa stage na sila ng empty nest, o yun bang nag-aasawa na ang kanilang mga anak at sila na lang mag-asawa ang natitira sa bahay. Losing a job, especially in midlife, may create anxiety. Pero huwag po kayong magpatalo sa takot na mawalan ng trabaho. If you can't get employed in a similar job, you might need to shift career. Whether you're in midlife, or you're nearing that stage, o may kakilala kayong nasa ganitong yugto ng buhay, listen to our tips for today on how to prepare for a career change.

Una sa lahat, **modify your expectations.** Be willing to modify your expectations as you begin a new career. Be ready to accept the possibility that you will never again be employed in the same industry, in the same position, in the same salary. If you came from a big company, don't discount the possibility of working in a smaller, less known company. Things may not turn out exactly the way you want, gayunpaman, bigyan nyo ng pagkakataon ang inyong sarili sa inyong bagong karera. Remember, a person who's flexible is less likely to be broken.

Pangalawa, **be positive.** Kung sakaling ang makuha mong bagong trabaho ay mas mababa ang posisyon o suweldo kaysa dati mong trabaho, don't take it as a demotion. Look at the challenge of meeting new people, learning new things, and excelling in another field. Be positive.

Pangatlo, **be confident.** Take note of the things you've learned in your former career and be willing to share them with others. Your experience and expertise developed through the years are very valuable. Anuman ang susunod mong maging career, be confident that you can make a contribution.

Pang-apat, **make contacts.** Makakatulong sa iyong pagbabagong karera ang maraming kakilala dahil maaari kang i-refer ng iyong mga kakilala sa mga taong nangangailangan ng iyong kakayahan at serbisyo. Contacts can give you leads, they can open the doors for a new career, or they themselves can be your business partners. Kaya make contacts, hindi lamang sa mga taong kasamahan mo sa iyong propesyon, kungdi sa mga tao ring nasa labas ng iyong propesyon. Let them know your career goals, your experiences, and the skills and services you're good at.

Panghuli, **trust God.** God promised to be with us even in old age. With God's help, we can have a new start and a new career. Take a look at Moses. Mula sa pagiging prisipe ng Egipto, naging pastol siya. Pero pagkatapos ng apatnapung taong pagiging pastol, naging tagapagligtas naman siya ng bayang Israel. Moses experienced shifts in his life and career, and those changes led him closer to God. As you embark on a new career, may it also draw you closer to God.

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Changing Careers: Selecting Your New Career by Marlene Legaspi-Munar

Kayo man ay magsisimula pa lamang magtrabaho o magbabago na ng linya ng trabaho o career, alalahanin ninyong hindi basta-basta ang pagpili ng karera. Selecting a career must be taken seriously dahil una sa lahat ito ang larangang pagbubuhusan natin ng panahon, talino at lakas. Isa pa, a job or a career is one area where we can serve God and other people. We need to make sure that our career is the field where we can best do this. Let me share with you the steps in selecting a career.

First, **assess yourself**. Tukuyin mo ang iyong mga interests at values. Ano ang iyong mga gustong gawin at ano ang iyong mga pinahahalagahan? What are your principles and what are the things you consider non-negotiables? Ilista mo rin ang iyong mga skills, ang mga bagay kung saan ka magaling at ang iba pang mga bagay na kaya mong gawin. Kung ikaw ang papipiliin, anong klaseng work environment ang gusto mo? Do you prefer working inside an office, or going out in the field? Would you like to work alone or with other people most of the time? What are your present situations that could affect your career option and work schedule?

Second, **explore the occupations in which you are interested**. Pag-aralan mo ang industriyang nais mong pasukin at ang posisyong nais mo mismong okupahan. Get as many information as you can. You can do this by interviewing people who are in that field. Puwede ka ring magbasa-basa ng mga available literature about that career, or you can research in the internet. Kung may pagkakataon ka, volunteer your services sa kumpanyang kung saan interesado ka. You can go a step further by applying for that job on a part time basis.

Third, **evaluate the occupations you've explored**. Ito nga ba ang trabahong bagay sa iyo? Tugma ba ang mga abilidad at prinsipyo mo sa trabahong nais mong pasukin?

Aside from this career, are there other alternatives? Are the compensation, demands and risks of the job, if there are any, worthy and acceptable to your standard?

Fourth and last, **take action**. After you've assessed yourself, explored the career you're interested in and evaluated the career you've explored, take the steps you need to get that job or to start that career. Kung kinakailangan mong mag-aral o magsanay pa, then get the additional training. Look for specific job openings sa classified ads sa diyaryo at sa internet. Write an impressive resume and cover letter. Be ready for job interviews. Most of all, look forward to a new phase in your life--a new career.