**PRACTICAL ASSIGNMENT**

**Life events and their impact on careers**

**Objective.** To understand important life events and their impact on careers ai.

**What needs to be done?**

Fill in the table with a detailed description of each potential event: what changes it might bring, how it might affect your career, and what steps you can take to deal with it successfully.

|  |  |  |  |
| --- | --- | --- | --- |
| Event | Possible life changes related to the event | Potential impact on careers | Possible solutions |
| Start of studies |  |  |  |
| Change of residence |  |  |  |
| Breaking up with a friend or girlfriend |  |  |  |
| Marriage |  |  |  |
| Serious injury or illness |  |  |  |
| Start of work |  |  |  |
| Changing jobs |  |  |  |
| Conflicts and disagreements at work |  |  |  |
| Conflicts within the family |  |  |  |
| Dismissal from employment |  |  |  |
| Serious illness of a family member |  |  |  |
| Pregnancy |  |  |  |
| Birth of a child |  |  |  |
| Deterioration of the financial situation |  |  |  |
| Death of a family member |  |  |  |
| Other (you can add your own) |  |  |  |
| Other (you can add your own) |  |  |  |
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**Think about it:**

* Which of the following have happened to you?*

* How did you solve them? Would you do anything differently now?*

* What lessons have you learned from these events?*

* How have life events affected your career decisions?*

***Remember that some events can change your career plans dramatically, so it is always a good idea to take out insurance both literally (for example, in the event of a serious illness or accident) and figuratively, by considering possible career alternatives such as an unplanned pregnancy, a financial crisis or redundancy.***