

CAREER CHANGES AFTER 30

WHY MAKE THE LEAP, WHAT STEPS TO TAKE, AND HOW IT FEELS

Throughout a person's lifetime, he or she will likely change careers at least once. While the Great Recession that spanned 2007 to 2009 sparked the charge for many professionals to seek work outside their field to make ends meet, the workforce itself and the people who populate it have their own reasons for diving into something new. Not satisfied with the status quo, many professionals are personally motivated to find a job that offers them a greater sense of fulfillment, better pay, and more room for career growth.

DREXEL UNIVERSITY ONLINE POLLED:



320
U.S. residents

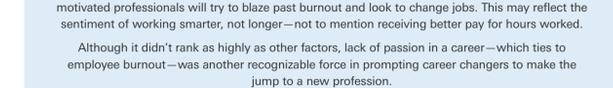
between the ages of **30** to **54**
who recently changed careers

THESE STATES HAD THE MOST CAREER CHANGER SURVEY PARTICIPANTS:



1

TOP REASONS FOR LEAVING A JOB



WHAT DOES THIS MEAN?

Many respondents felt overworked and overwhelmed by the volume of work and the hours. When coupled with low compensation, longer travel times, or little potential for advancement, motivated professionals will try to blaze past burnout and look to change jobs. This may reflect the sentiment of working smarter, not longer—not to mention receiving better pay for hours worked.

Although it didn't rank as highly as other factors, lack of passion in a career—which ties to employee burnout—was another recognizable force in prompting career changers to make the jump to a new profession.

IMPORTANT FACTORS WHEN DECIDING ON A NEW CAREER

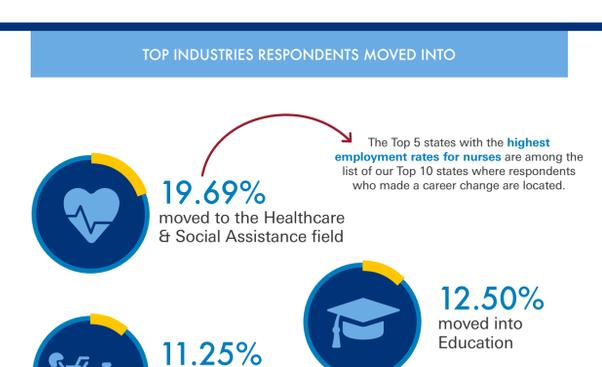


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CHANGE OF INDUSTRY

DID THEY CHOOSE CAREERS IN THE SAME INDUSTRY?

While many of the career changers we polled decided to take a different or better job within their current field, 55% of those polled opted to try a completely different career path.



TOP INDUSTRIES RESPONDENTS MOVED INTO



FROM ARTS TO SCIENCES...

Sarah Chung received her MS in Applied Behavior Analysis (ABA) from Drexel University online in 2017 after contemplating a major career change. Today, Sarah is now a Lead ABA Therapist and Registered Behavior Technician:

"I had some career decision making to do. I was thinking about where I could go, what I wanted to develop about myself. I either had to do grad school for theatre management or something else. I decided to do something else."

FAMOUS LATER-IN-LIFE CAREER CHANGERS

FAMED CHEF JULIA CHILD worked for the CIA as an operative in her younger days and changed careers at age 36, making the jump to cooking and earning worldwide notoriety for her easy style and tasty offerings.

HARLAN SANDERS, BETTER KNOWN AS "THE COLONEL," was 62 when he turned his secret recipe for chicken breaded with his own blend of herbs and spices into a fast food franchise in 1952. Prior franchising KFC, Sanders had a number of jobs throughout his lifetime, including railroad worker, gas station attendant, and lawyer.

SARA BLAKELY, founder of spanx hosiery, was a door-to-door saleswoman for office supplies before she switched to running her start-up on a full time basis.

GOING BACK TO SCHOOL IN HIS 40'S WAS JUST THE BEGINNING...

Spurred by a desire to create a practical approach to health care, Drexel Alumni Mike Howley began his career as a physician's assistant. Today, he holds a PhD and is a clinical professor of marketing in Drexel University's LeBow College of Business.

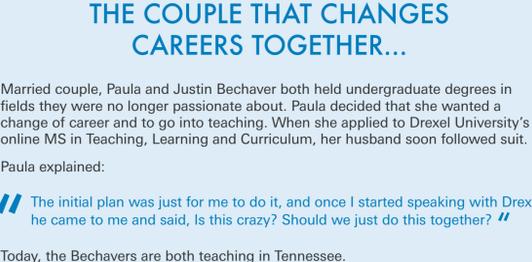
"I went back to school in my 40s and it just lit a fire under me. I found that the business people had the answers to so many of the issues that I struggled with to provide high quality care to our patients: how to manage service processes, business process redesign, quality interventions, and project management."

3

THE PATH TO CHANGE

EDUCATIONAL TRACKS

Once individuals decided to change career paths, the first step many of them took was to pursue an educational track to help put them on a new course.



CAREER PATHS FOR DIFFERENT DEGREES

- | 2-YEAR ASSOCIATE | 4-YEAR BACHELOR | MASTER | DOCTORATE |
|--|---|--|--|
| <ul style="list-style-type: none"> Dental Hygienist Programmer Paralegal Preschool Teacher Teacher's Assistant HVAC Mechanic | <ul style="list-style-type: none"> Engineer Civil Engineer Financial Analyst Supply Chain Manager Elementary & Secondary School Teacher Computer Forensic Analyst Clinical Laboratory Technician Registered Nurse | <ul style="list-style-type: none"> Healthcare Administrator Advanced Practice Registered Nurse Statistician Elementary & Secondary School Education Administrators Physician Assistant Social Worker | <ul style="list-style-type: none"> Professor Attorney Toxicologist Psychologist Computer & Information Research Scientist Biologist Cultural & Linguistic Preservationist |

THE COUPLE THAT CHANGES CAREERS TOGETHER...

Married couple, Paula and Justin Bechaver both held undergraduate degrees in fields they were no longer passionate about. Paula decided that she wanted a change of career and to go into teaching. When she applied to Drexel University's online MS in Teaching, Learning and Curriculum, her husband soon following suit.

Paula explained:

"The initial plan was just for me to do it, and once I started speaking with Drexel he came to me and said, 'Is this crazy? Should we just do this together?'"

Today, the Bechavers are both teaching in Tennessee.

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TOP 5 HARDEST PARTS OF CHANGING CAREERS

Making a big life change—such as switching careers—isn't always easy. It requires some deep soul searching and methodical planning as to how to execute a successful career change.



ADVICE FROM PEOPLE WHO CHANGED CAREERS



WAS IT WORTH IT?

THINKING OF MAKING A CAREER CHANGE?
Drexel University Online offers programs and certifications across a wide spectrum of disciplines, arming students with the tools they need for success.

SOURCES: <https://www.cnet.com/2016/04/26/career-change-is-the-new-normal-of-working.html>, <https://www.forbes.com/sites/maryann/2011/04/28/when-is-it-time-to-change-careers/#2732b697ae74>, <https://sheltonculture.com/sup-myths-about-changing-career-in-your-30s/>, https://www.huffpost.com/2013/06/24/never-late-change-careers_n_3460818.html, https://en.wikipedia.org/wiki/Forrest_Motter_Company#20th_century, <http://www.houstonchronicle.com/business/people/article/who-made-a-big-career-change-2016-04/#long-before-ronald-reagan-became-the-40th-president-of-the-United-States-at-69-he-was-a-young-up-and-coming-hollywood-actor-in-film-and-tv-8>, <https://online.drexel.edu/news/story.aspx?nid=2723>, <https://online.drexel.edu/news/story.aspx?nid=2550>, <https://online.drexel.edu/news/story.aspx?nid=2723>, <https://online.drexel.edu/news/story.aspx?nid=2608>

