

# How to know if it's time to change careers

The Way We Work, a TED series



Look at the picture.  
What can you see here?



# Why do people change careers? How do you know it's time to change your career?

Rank these factors (1 – the most important factor; 5 – the least important factor)



**Better Pay: 47%**

**Too Stressful: 39%**

**Better Work-Life Balance: 37%**

**Wanted a New Challenge: 25%**

**No Longer Passionate About Field: 23%**

Have you ever thought of changing your career? Why?

Have you ever changed your career?  
Was it difficult to make this decision?

What do you have to consider  
when changing the career?

Your rainy day fund

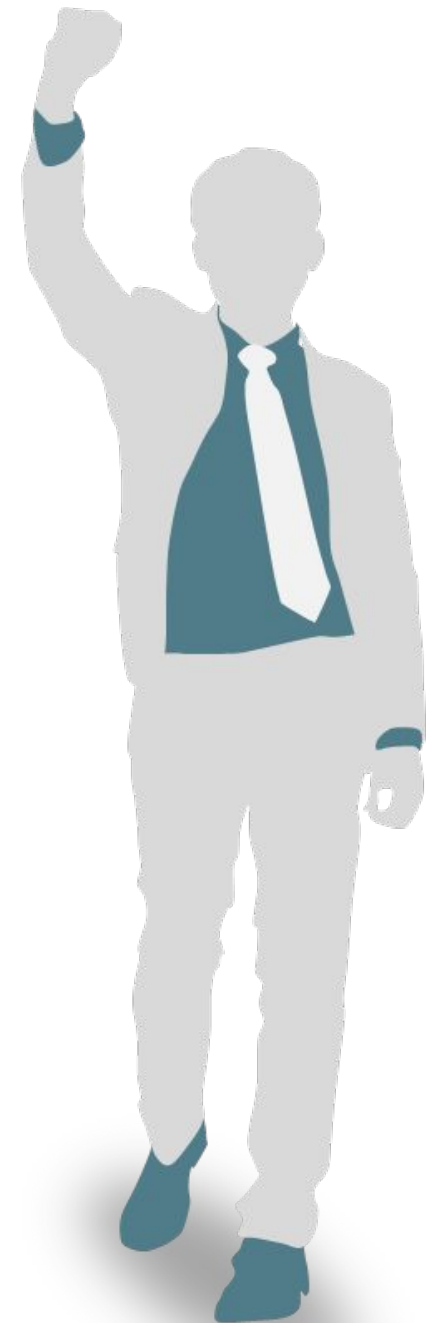
Brainstorm alternative careers

Spend time job shadowing

Volunteer in the field

Take a class to upgrade your skills

Assess your interests, values and skills



## Vocabulary - Key words

Match the underlined words to their definitions

1. Life is about finding the intersection of what you really, really love with what you're really, really good at.

2. After a brief stint as an English teacher, I went to law school and ended up becoming an attorney at a big law firm here in New York City.

3. I then came upon the epiphany that it takes years if not tens of thousands of hours to get really good at something.

4. Career changes are often gut-driven.

5. You will see these people again and probably in the most inopportune times.

6. Take stock of what you've learned in your previous career or careers



a. a moment when you suddenly realize or understand something important

b. happening or done at a time that is not suitable or convenient

c. the point where two things come together and have an effect on each

d. a fixed or limited period of time spent doing a particular job or activity

e. to examine a situation carefully

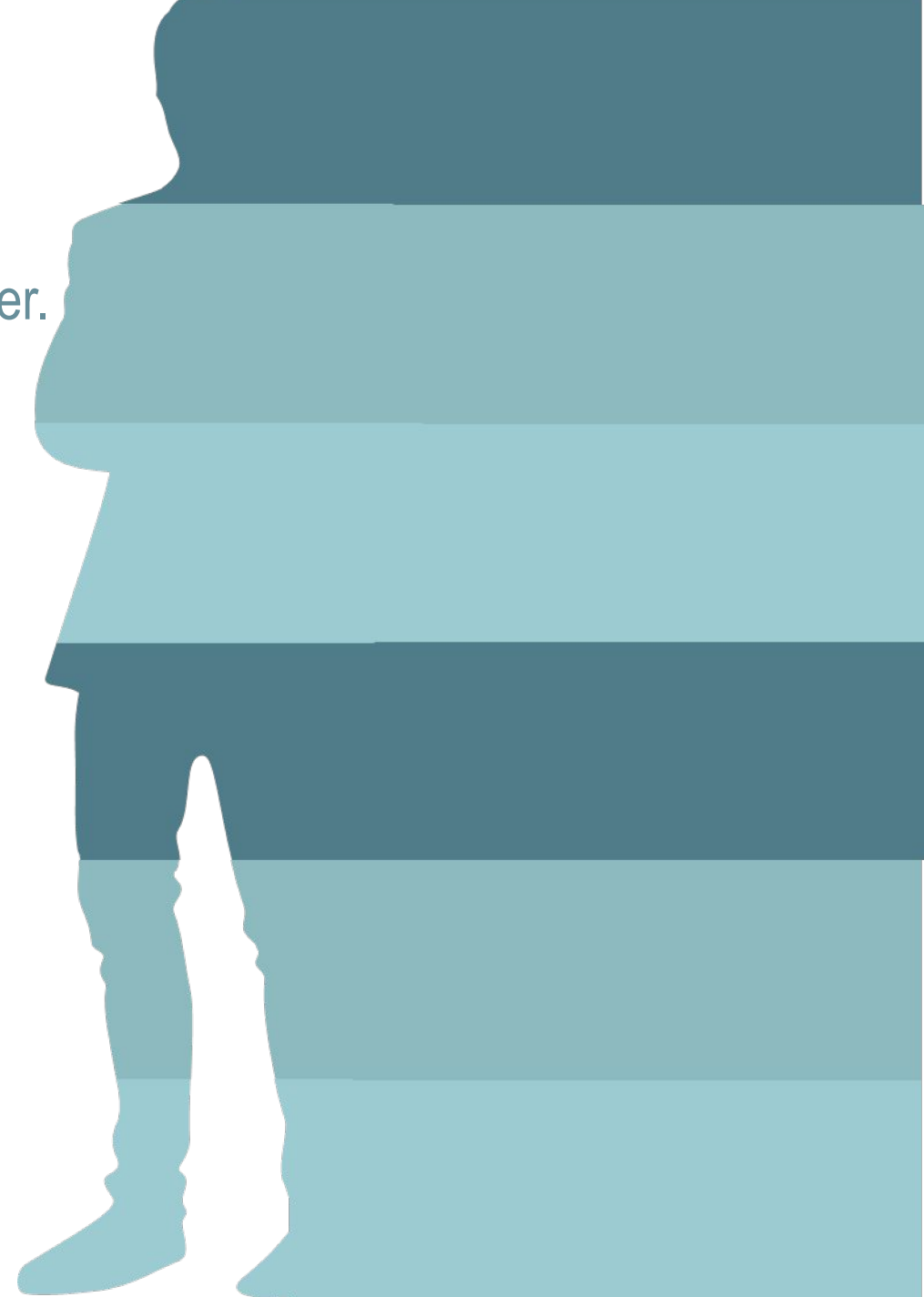
f. based on intuition, rather than on data



## Watch the video

You are going to watch the video about how to change the career.  
Watch and answer the questions:

1. Did Cheih know what he wanted to do when he was a child?
  2. What does he do now?
  3. Did he like his job in a big law firm?
- 
4. What are Cheih's 3 tips for those who would like to change their career?
  5. What is one of the reasons you don't have to change the career?
  6. What do you need to do when you decided to change your career?



# Phrases from the video

Complete the phrases below and explain their meaning:

1. I was holding on to my job for dear life.
2. ...make the completely scary leap into a brand-new career.
3. that's a huge red flag that there might not be a future for you in that industry.
4. people at the office are grating on you.
5. the ability to be a sponge really attracts awesome mentors
6. ...thing you need to do immediately is shore up your finances
7. everyone around you is rooting for your success

# Find the phrasal verb

Find the phrasal verb in the text and match them to their definition:

1. I went to law school and ended up becoming an attorney at a big law firm here in New York City.

2. I then came upon the epiphany that it takes years if not tens of thousands of hours to get really good at something.

3. So as you think about making a career change, here are a few tips I hope you consider and a few things I've picked up along the way.

4. There's three things to think about before you're ready to move on.

5. The second thing you need to do immediately is shore up your finances.

a. to notice something that other people have not noticed

b. find something or meet someone unexpectedly

c. to start a new activity

d. to give support or help to something especially by providing money

e. to finally be in a particular place or situation



## Talking point

Discuss the following questions:

1. Do you find the ideas from the video useful?
2. Why are people afraid of changing careers?
3. Why do more and more people change their careers these days?
4. What would you advise a person who decided to change their career?

# Homework

Learn new words and read the article “What Is the Career Planning Process?”

<https://www.thebalancecareers.com/what-is-the-career-planning-process-2063709>

