

Reflecting on Career Development

The High Five

There is always more than one way of looking at an issue. That's certainly true of career development. Many people and organizations have come up with ways of expressing what is key to the career development process. One model is **The High Five**, a list of principles that sums up in a new way much of what appears in this book.

The High Five principles are as follows:

1. **Change is constant.** Adaptability is one of the most important skills you'll carry into the new century.
2. **Learning is ongoing.** The end of school doesn't mean the end of learning. Opportunities to learn are all around, and you will need to take advantage of them.
3. **Focus on the journey.** Life is not a destination. It's an exciting trip with many directions and goals that may change.
4. **Follow your heart.** Let your dreams shape your goals so that you go after what you really want.
5. **Access your allies.** Your friends, family and teachers can be valuable resources and supporters in helping you achieve your goals. Be sure to be an ally for others, too.



1

*Change Is
Constant*



2

*Learning Is
Ongoing*



3

*Focus On
the Journey*



4

*Follow Your
Heart*



5

Access Your Allies