

# CAREER DEVELOPMENT AND MENTAL HEALTH FRAMEWORK

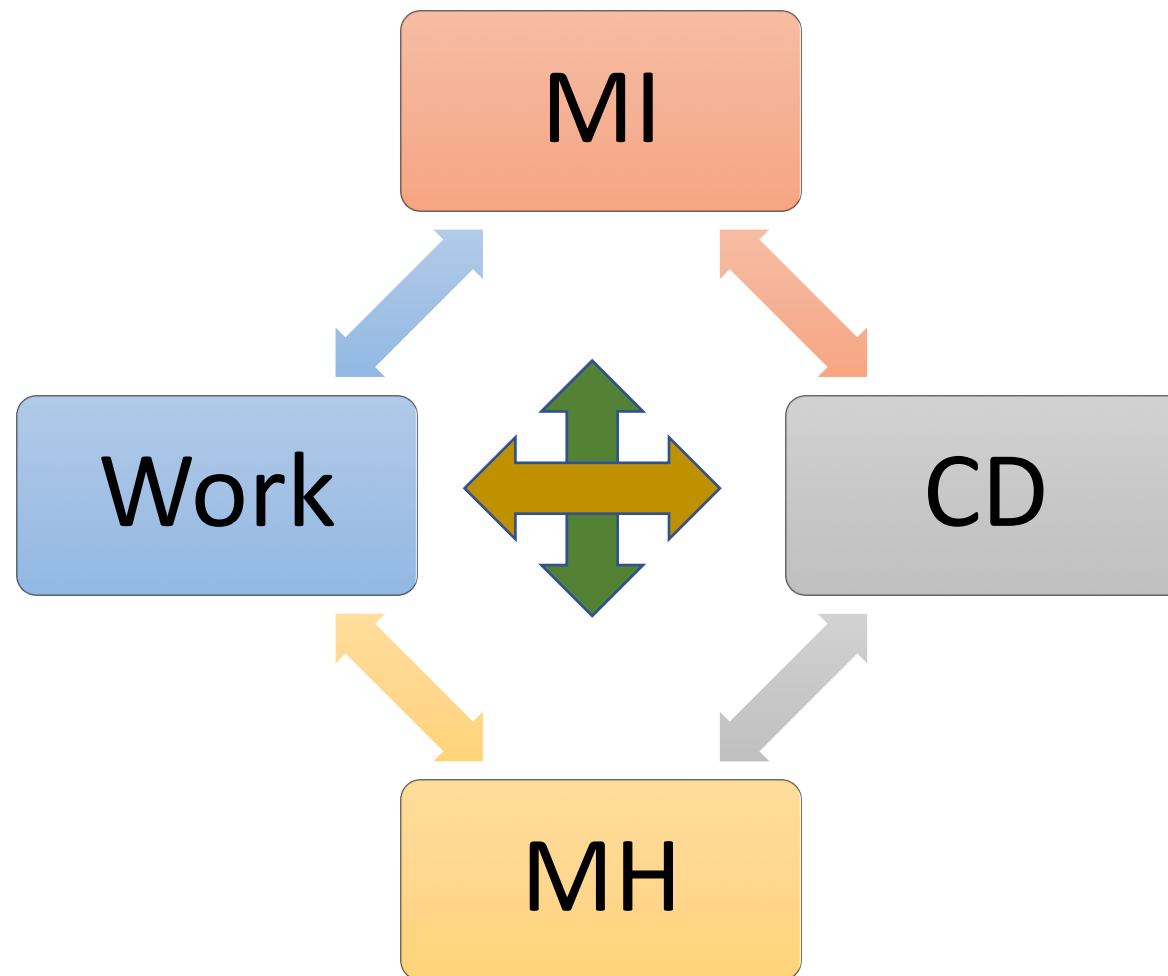
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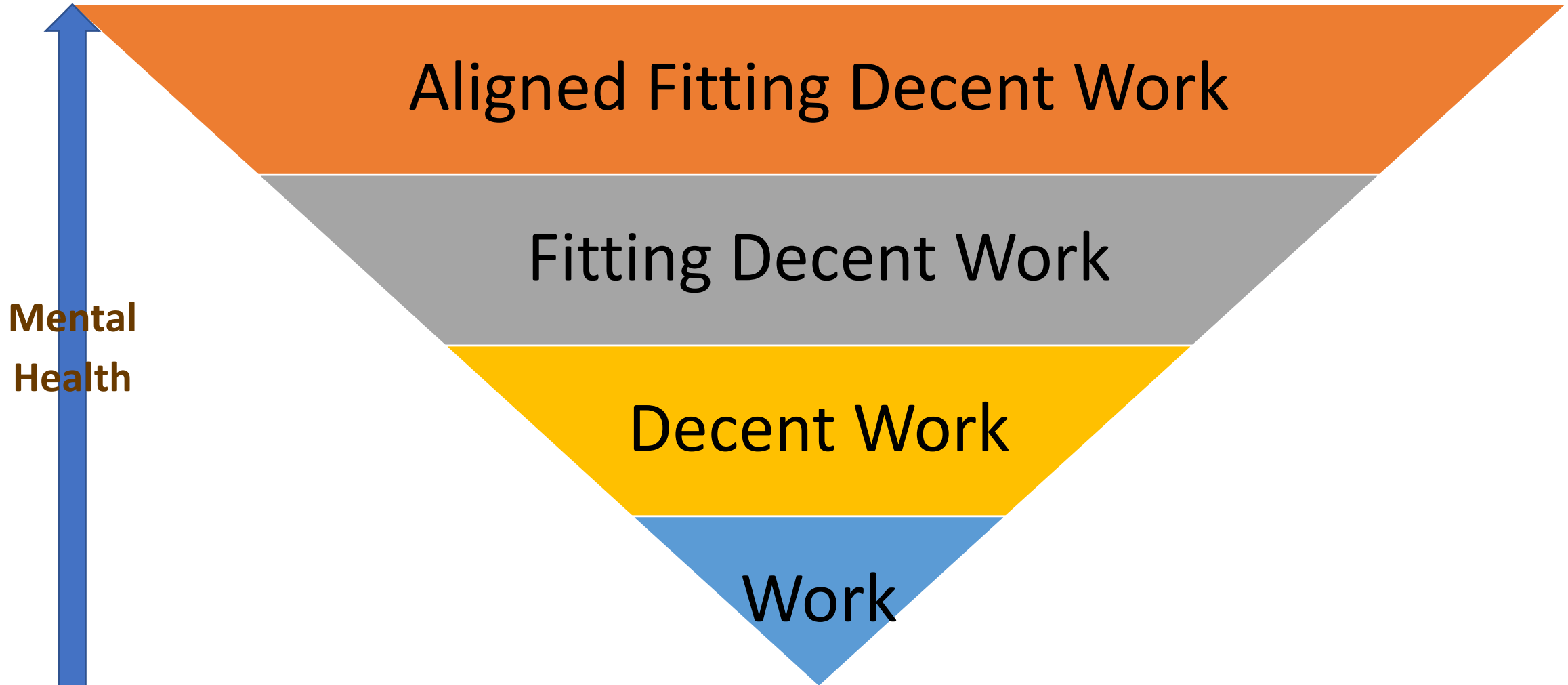
# CAREER DEVELOPMENT, WORK, MENTAL ILLNESS & MENTAL HEALTH

SFU

THE CONNECTIONS  
ARE COMPLICATED  
AND RECIPROCAL!

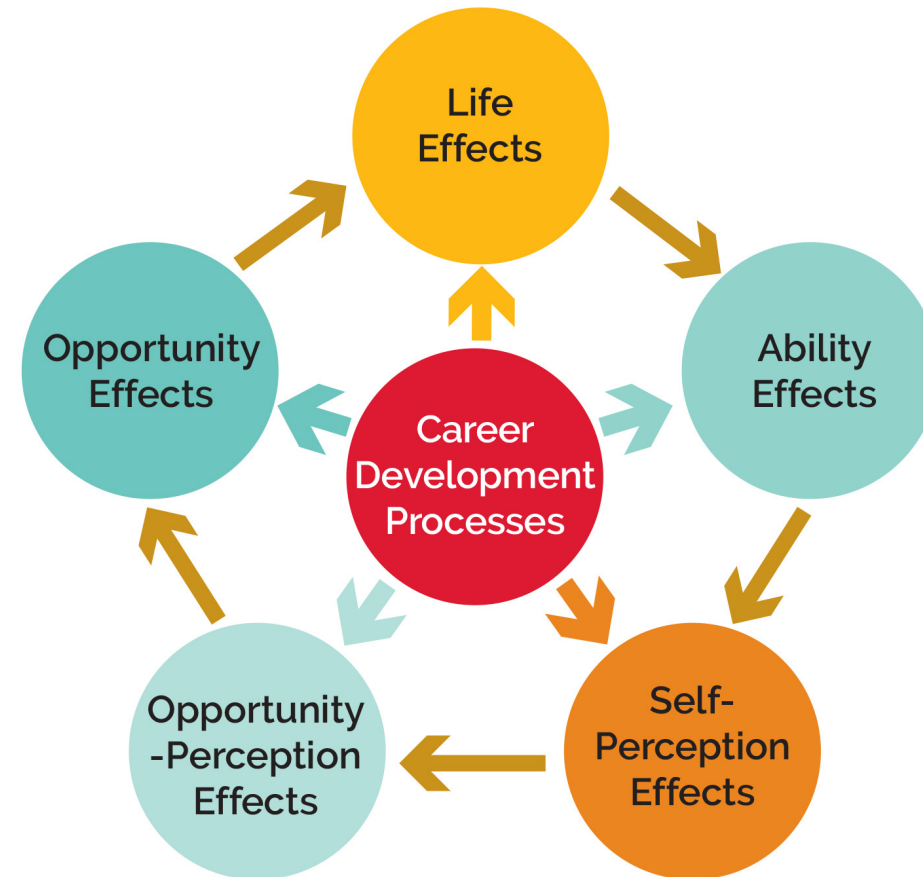


# WORK AND MENTAL HEALTH



# CAREER DEVELOPMENT EFFECTS

LINKING THE  
OUTCOMES OF  
CAREER  
DEVELOPMENT TO  
MENTAL HEALTH



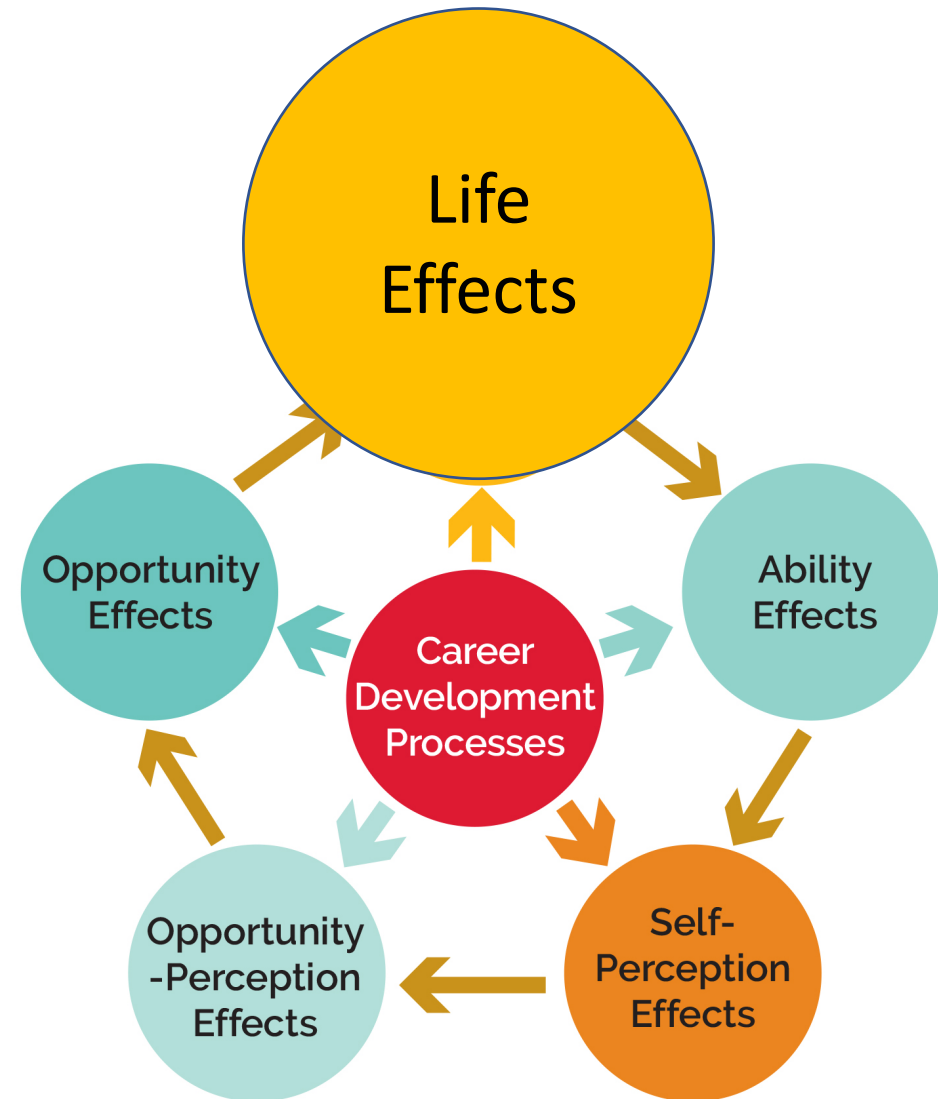
# LIVES CHANGE

WORK

INCOME

SOCIAL IDENTITY

ROUTINE / PATTERN



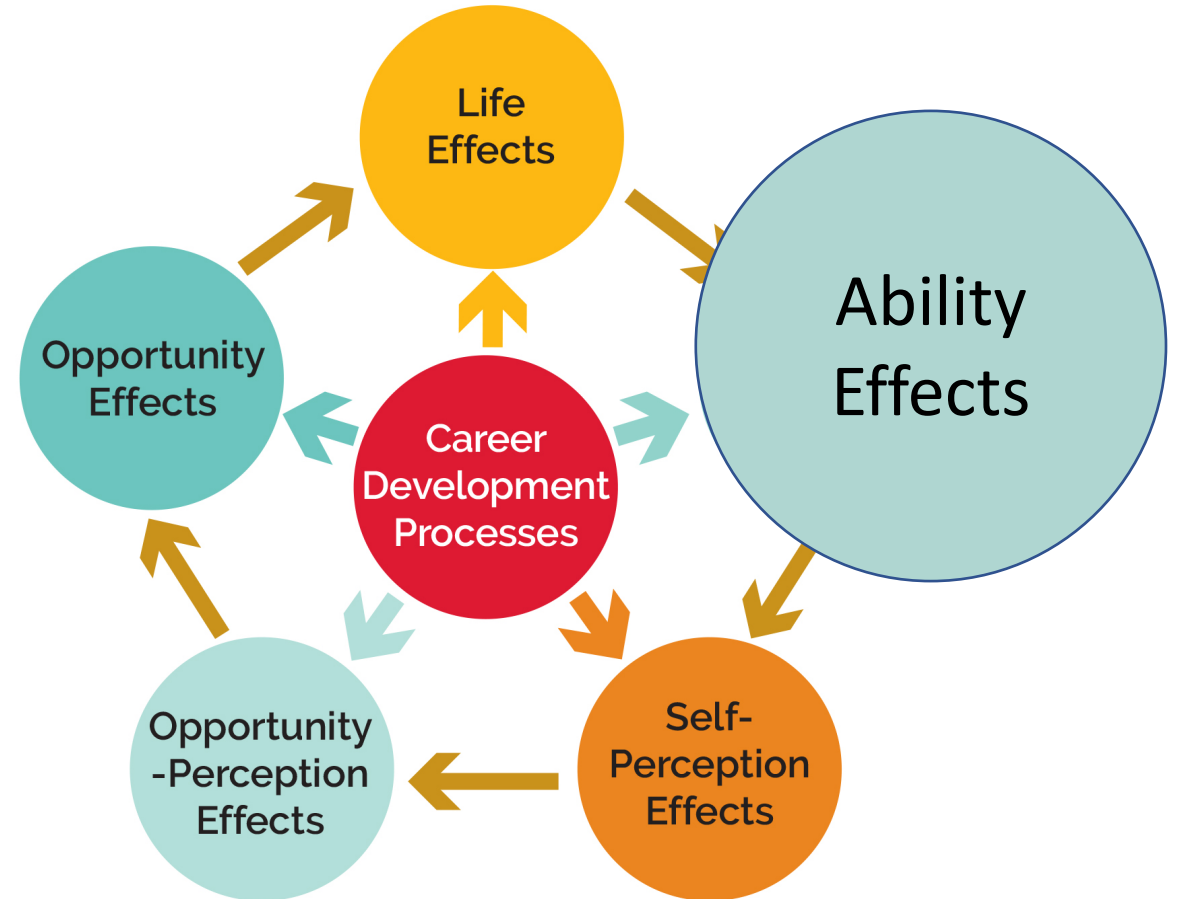
# COMPETENCIES ARE ACQUIRED

CAREER  
MANAGEMENT  
SKILLS

SELF-MANAGEMENT /  
LIFE SKILLS

EMPLOYABILITY  
SKILLS

TRANSFERABLE  
SKILLS



# PERCEPTIONS OF SELF CHANGE

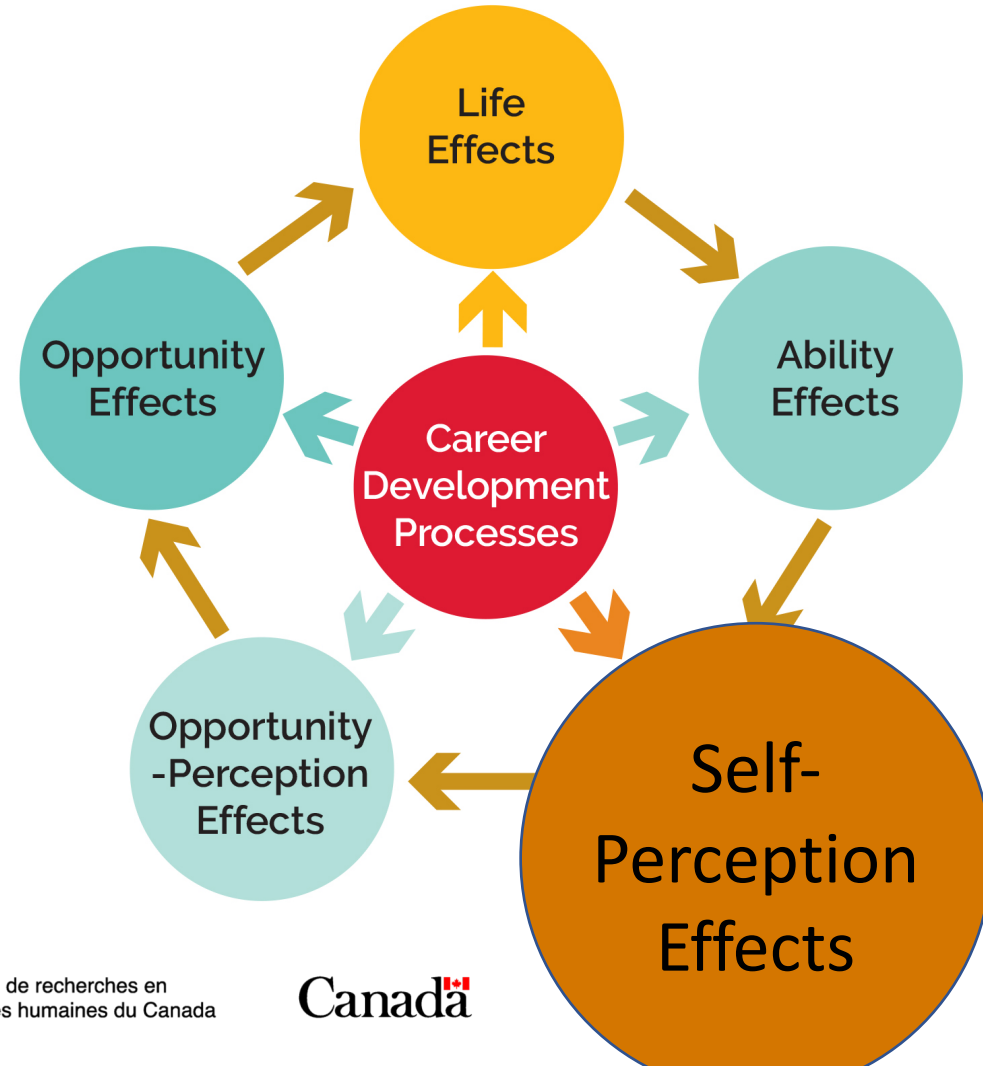
SELF-EFFICACY

IDENTITY  
(INTERNAL)

HOPE (PERCEPTIONS  
OF COPING)

MEANING / PURPOSE

AGENCY / LOCUS OF  
CONTROL



# PERCEPTIONS OF OPPORTUNITIES SHIFT

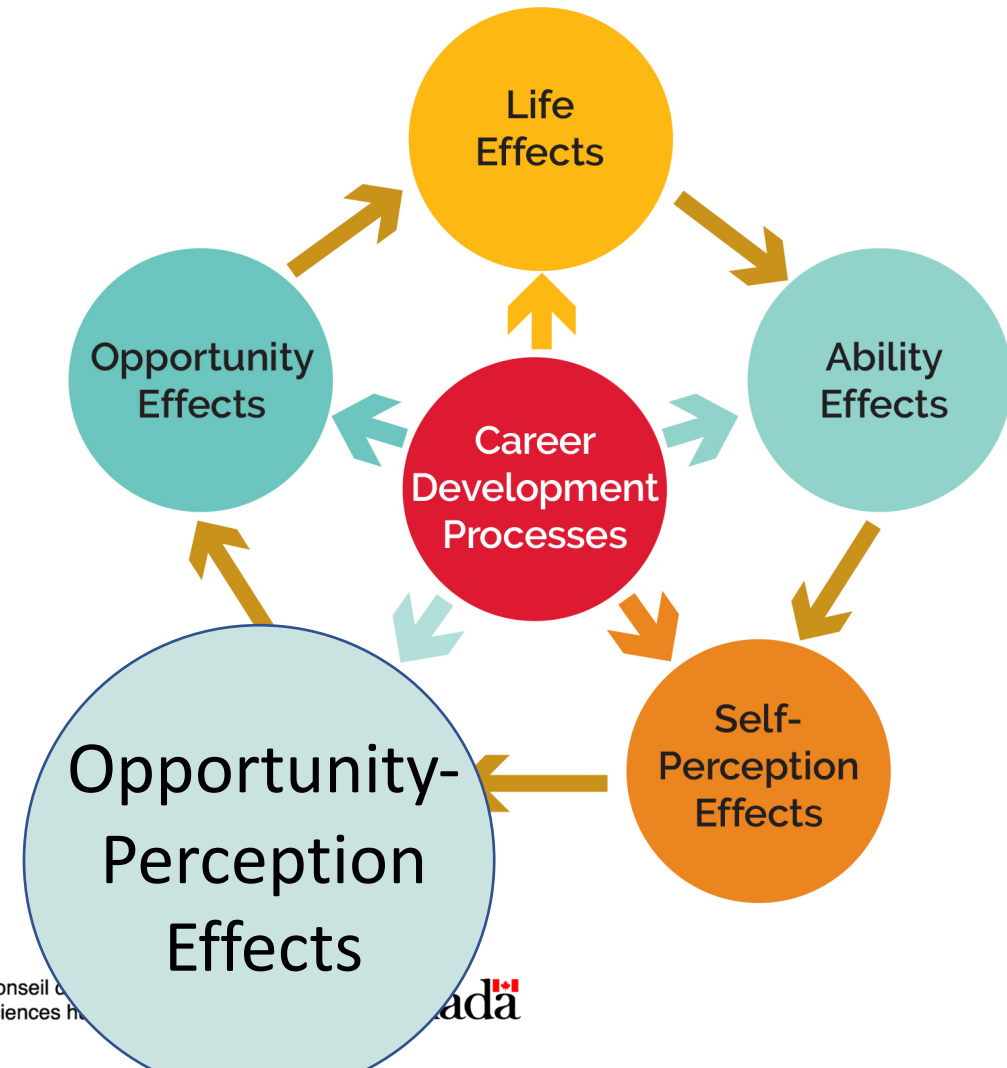
SFU

ATTENTION-  
INTENTION  
ALIGNMENT OCCURS

OPTIMISM  
INCREASES

COGNITIVE  
BANDWIDTH WIDENS

UNCERTAINTY  
TOLERANCE





# OPPORTUNITIES SHIFT

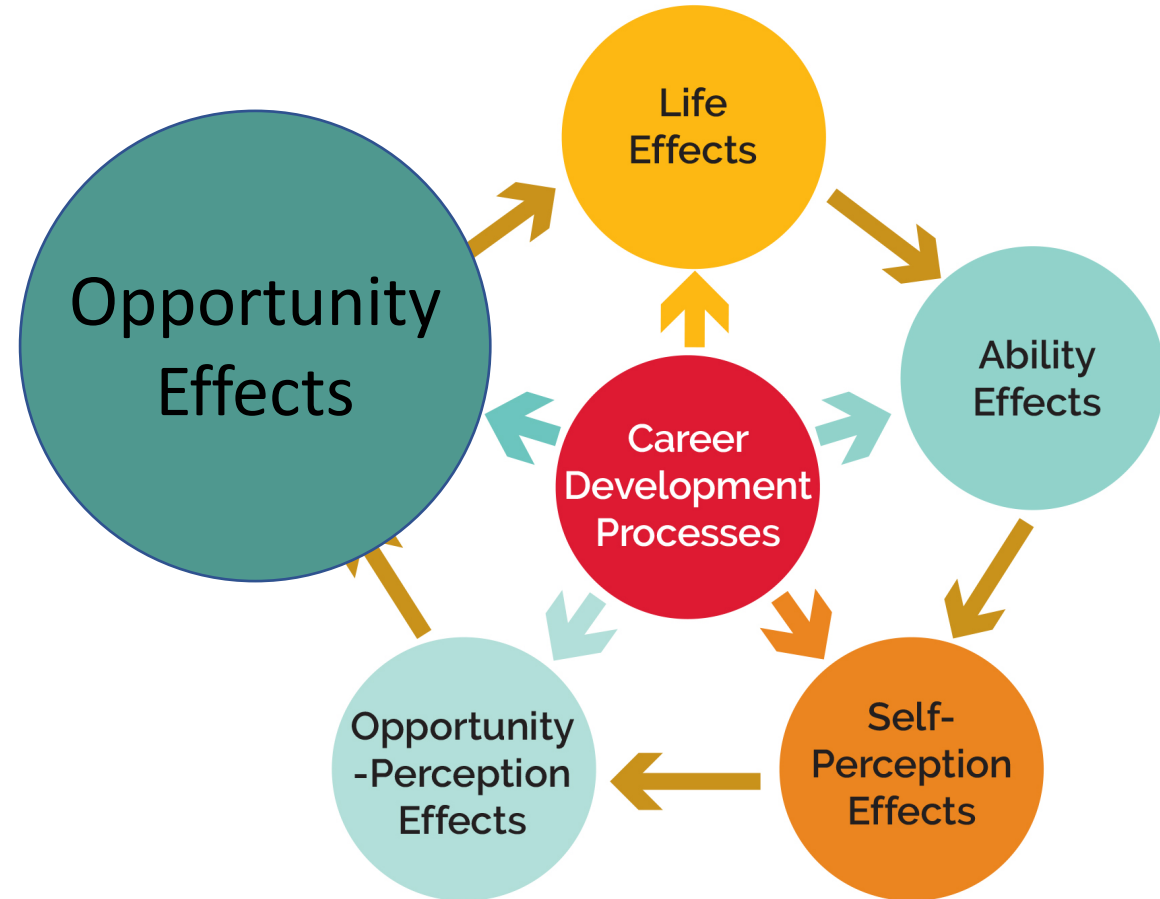
WORK /  
EMPLOYMENT ROLES

PROJECTS /  
ACTIVITIES

ACCESS TO  
INFLUENCERS

EXPOSURE TO  
NETWORKS

LEARNING EVENTS



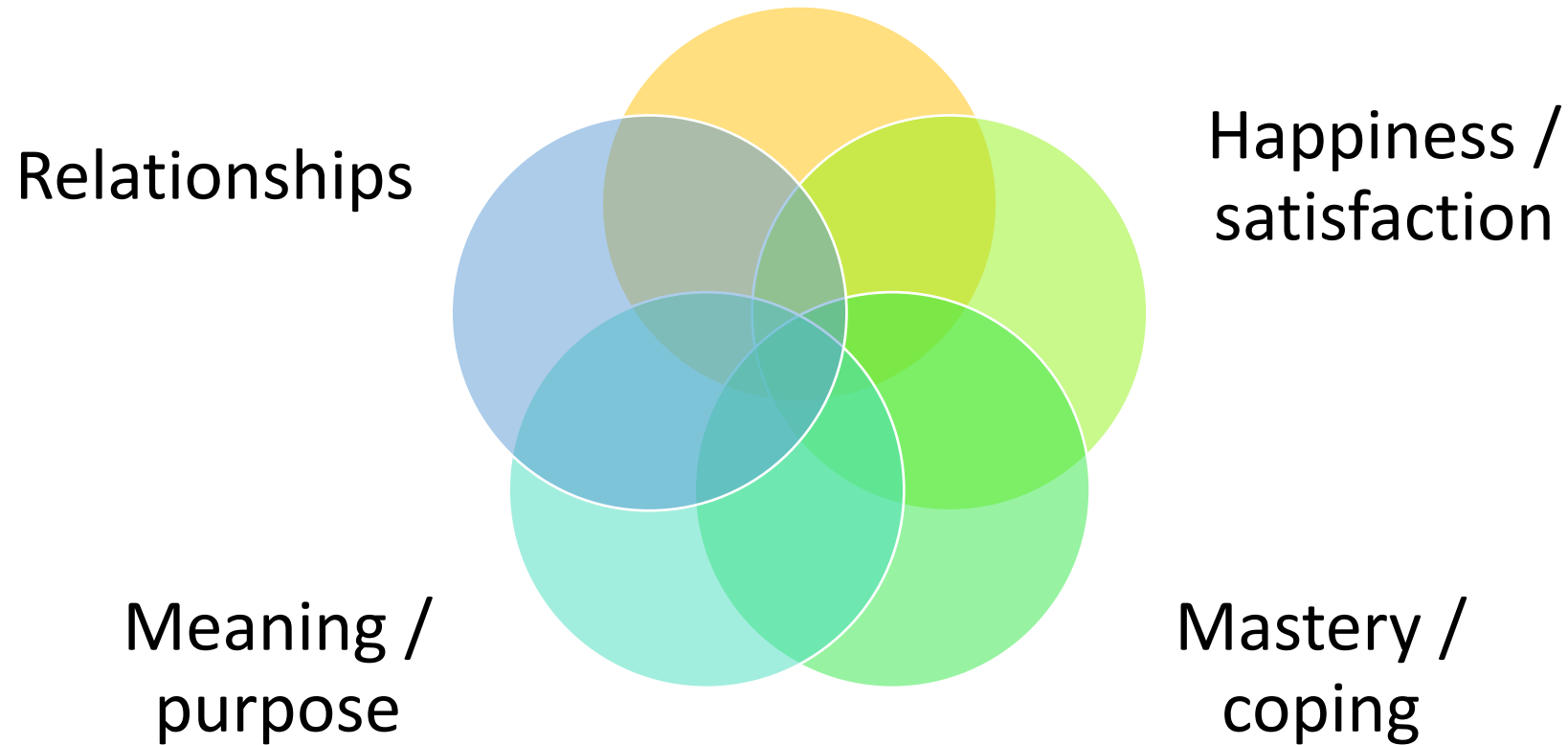
# A NEW CYCLE BEGINS AS OPPORTUNITIES ARE SEIZED



# COMMON COMPONENTS OF MENTAL HEALTH DEFINITIONS

SFU

Contribution



Social Sciences and Humanities  
Research Council of Canada

Conseil de recherches en  
sciences humaines du Canada

Canada