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A life-span, life-space approach to career development

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Abstract

A career is defined as the combination and sequence of roles played by a person during the course of a lifetime. These roles include those of child, pupil or student, leisurite, citizen, worker, spouse, homemaker, parent, and pensioner, positions with associated expectations that are occupied at some time by most people, and other less common roles such as those of criminal, reformer, and lover. A Life-Career Rainbow is presented as a means of helping conceptualize multidimensional careers, the temporal involvement in, and the emotional commitment to, each role. Self-actualization in various roles, role conflicts, and the determinants of role selection and of role performance are discussed. The use of the Rainbow in career education and in counseling is briefly considered.



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