

Nearly Three-Fourths of U.S. Workers in Their 30s Want a Career Change

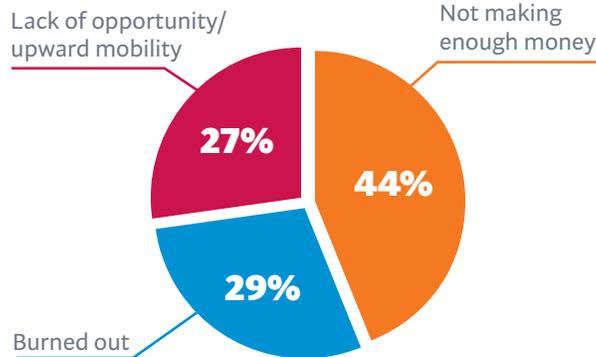
59% of all working adults want a change



but an overwhelming **73%** in their 30s want a change



Why these working adults want a change:



However, people making

\$75,000-100,000

a year and interested in changing careers are also the most likely to have lost interest or passion in their field (**45%**). They are also the most likely to feel burned out (**40%**).

Challenges

Despite strong interest from working adults to change careers, an overwhelming **94%** of those adults identify barriers that are preventing them from doing so.

Lack of financial security



Uncertainty about what other career to choose



Lack of adequate education or experience



Fear of the unknown



Too old or too advanced in their current position



“Employees in their 30s are likely established in their careers, but may be finding they are not growing as quickly as they had hoped or are not as satisfied as they imagined they would be in their profession. A feeling of stagnation can prompt workers to think about their professional development and whether other careers might offer a clearer path to growth.”

Ruth Veloria, Executive Dean for University of Phoenix School of Business

Tips for Career Change Success



You don't need to completely start over. Research paths to your desired career and look for opportunities to translate skills from one industry to another. Certificate programs allow professionals to pursue education in multiple subject areas to cultivate a diverse knowledge base.



You may already have a lot of the skills you need. Understand how your current skills/experience might translate to another industry. If you work in marketing, but are interested in health care, consider starting in a marketing position with a health care organization.



Become more entrepreneurial in your current career. Find a mentor within your company or your field who you can learn from and who can help you grow and find new opportunities to branch out in your current organization. Talk to as many people as possible doing what you may want to do, to better understand the opportunities, requirements and challenges.