**Connecticut Learns and Works Conference**

**May 9, 2025**

**Career Transition and Resilience: Theories to Explore**

* Hierarchy of Needs (Maslow)
* Social Cognitive Theory (Bandura, 1986)
* Cognitive Information Processing Theory (Sampson, Lenz, Reardon, and Peterson, 1999)
* Career Construction Theory – Constructivist Narrative (Savickas, 2005)
* Strength-Based Approach (Schutt, 2007)
* Happenstance Learning Theory (Krumboltz, 2009)
* Transition Theory (Schlossberg, 1989)

**Resources**

1. Option B: Facing Adversity, Building Resilience, and Finding Joy by Sheryl Sandberg and Adam Grant
2. The Resilience Factor: 7 Keys to Finding Your Inner Strength and Overcoming Life’s Hurdles by Karen Reivich and Andrew Shatte
3. Resilience: The Science of Mastering Life’s Greatest Challenges by Steven M. Southwick and Dennis S. Charney
4. Resilient: How to Grow an Unshakable Core of Calm, Strength, and Happiness by Rick Hanson
5. The Power of Resilience: Achieving Balance, Confidence, and Personal Strength in Your Life by Robert Brooks and Sam Goldstein
6. Krumboltz, J.D. (2009). The happenstance learning theory. Journal of Career Assessment,17,137-53.
7. Krumboltz, J. D., & Levin, A. S. (2004). Luck is no accident: Making the most of happenstance in your life and career. Manassas Park, VA: Impact Publishers.
8. Mcleod, S. (2023). [Https://www.Simplypsychology.org/Maslow.Html](https://www.simplypsychology.org/Maslow.Html).
9. Schlossberg, N.K. (1989). *Overwhelmed coping with life’s ups and downs.* Lexington, KY: Lexington Press.

**For more information, contact Linda L. Kobylarz (lindakoby@aol.com)**