
The Discussion on the Theme of Career and Retirement

Planning one's career and retirement is something that most people spend a large majority of their life figuring out. From the choice of career that best fits their needs, to what comes after, many are intimidated by the decisions they need to make that appropriately fit their level of comfort for the future. In this assessment, the discussion of career, retirement and all that comes along with it will be outlined. The career that best fits me, would most likely be a counselor or one on one psychologist. This career allows me to pursue different avenues of interest for me. These avenues include helping others through the understanding of self, a person to person interaction, and problem-solving. All three of the aforementioned aspects of a career in psychology definitely help to lock me securely in place as far as interest and satisfaction are concerned. Being that the field of psychology is constantly growing as more is uncovered, there would be room for growth and discovery.

Additionally, the mere fact that the discipline is part of the health domain, gives a career in psychology a sense of security. The style of the work day is beneficial, in the fact that a self-made practice allows an individual freedom with scheduling and the ability to control their workflow. Key components of the field that are appealing are the control over time management, income, and ability to change and adapt to new disciplines. In a counseling position, there is the opportunity for an individual to pursue their own practice. This beneficial for the individual to freely schedule their time, and own their work. For me personally, I do better when I can control and manage my time independent of others. The next component is the income of this field. Based on the amount of work and clients seen, the income can change. If an individual decides to align with an overarching company or works independently through their own counseling vocation, they can make a salary that allows for a comfortable lifestyle. Lastly, the aspect of growth and change is appealing. In psychology or the health field in general, we are constantly learning more, discovering new techniques and finding better ways of healing. I find this particularly engaging because I'm an individual who needs to constantly soak in new information, and learn more.

Retirement is the ability to withdraw from a career once the individual feels the need to slow the pace of their lifestyle. Many people aren't given much of a choice and can find this to be aggravating to slow down, while others find this to be a key aspect of their peace and freedom. Most people decide to retire in their 60's, however, I'm not certain of the age I'd like to retire. The good thing about the field of psychology is that there are areas to volunteer for retired individuals that still desire to grow in the field outside of their professional career life. One of my biggest concerns is financial security and freedom. However, I know that in my chosen field that there are areas for growth and development outside of a traditional career, so I could find

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financial security apart from my investments. Additionally, making sure my cash savings is compiled for three to six months of living expenses help to create an emergency fund if my investments aren't able to match. Saying that before retirement, I need to make sure all debt is covered so there isn't much more than basic living expenses to plan coverage.

Life after retirement requires the individual to feel useful, as well as supporting all needs whether financial or emotional. Finding a hobby or a side occupation not linked to the individual's career can help occupy the retirees time (Bleidorn & Schwaba, 2018). Volunteer work can help stave off the fear of not being needed or feelings of being useless once a career has ended. If the social life of a workforce was important to an individual recently retired, getting involved in community events and groups linked to specific pass times can help bolster a retirees social life (Bleidorn & Schwaba, 2018). Social events can also help an individual feel supported and gives them an avenue to discuss feelings after retirement while getting adjusted to their new lifestyle. The last challenge an individual experiences during retirement is the ability to stay active both physically and mentally. Retirement gives individuals lots of available time they can use to learn a new skill, read more, or further their education. By keeping their minds active, retirees can find fulfillment and purpose throughout their pursuits. Additionally, physical activity is a vital component of health that needs to be maintained through retirement. During their free time, retirees can find activities that challenge them physically such as courses at their local health center, walking instead of driving to areas close by and joining a recreational sports team for the elderly (Lahelma, Laaksonen, Lahti, & Rahkonen, 2011).

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