

## Annotated Bibliography

Greenthal, Sharon. "Career Change in the Midlife Empty Nest." *AARP*, 24 July 2019,

<https://www.aarp.org/disrupt-aging/stories/info-2019/midlife-career-change.html>.

Accessed 28 Jan 2020. This article does not make a strong argument, but rather provides three examples of people who have successfully made midlife career changes. While these specific situations are very subjective, they do offer the idea that one does not have to be stuck in the same career forever. Difficult as it may seem, late-life career transitions are far from impossible and may even improve quality of life. This article provides testimonies from three women who have found their career transitions more than fulfilling. As Judy Freeman says in the article, "I've come to realize that I don't have to stand on my head to help others." A generalized point provided in the article is that it is never too late to pursue a better life. This article provides perspective on the issue of a midlife career change but offers little substance to help the reader better understand the problems associated with changing a career. The personal opinions included in this article, however, allow me to envision the circumstances surrounding a midlife career change.

Greenthal, Sharon. "Career Change in the Midlife Empty Nest." *AARP*, 24 July 2019,

<https://www.aarp.org/disrupt-aging/stories/info-2019/midlife-career-change.html>.

Accessed 28 Jan 2020. While facing the impending loneliness of having an empty nest, these aging women have found that retiring from their current jobs and moving on to pursue passion in work has helped to improve their lives. Using the skills they've gained in their previous jobs, they have excelled in these new careers that they've chosen. However, this article does not provide useful information to research mid-life career

changes, as it only documents the occurrence of certain instances in which these women change careers as opposed to the importance of and effects behind changing careers in the middle of a person's life.

Hagerty, Barbara Bradley. "Quit Your Job." *The Atlantic*, April 2016,

<https://www.theatlantic.com/magazine/archive/2016/04/quit-your-job/471501/>. Accessed 28 Jan 2020. Hagerty explains the problem of the working class in their 50's and 60's trying to change their careers because they feel stuck or bored with their jobs. She goes on to explain how changing careers or positions can benefit physical and mental health. She stresses the importance of slowly changing your career by "[Dipping] your toe in the water before jumping into a new career" (6). She wrote this because she is currently changing her own career, and, after her research, she is ready to make the change. The article is beneficial to the topic because it highlights positive effects of changing your career, particularly regarding mental health and happiness. The article provides a general idea of the positive side, but fails to effectively address the drawbacks of quitting your job mid-life.

Hagerty, Barbara Bradley. "Quit Your Job." *The Atlantic*, April 2016,

<https://www.theatlantic.com/magazine/archive/2016/04/quit-your-job/471501/>. Accessed 28 Jan 2020. Hagerty talks about the thoughts of older people in their careers and how they psychologically and mentally feel about changing their careers. She writes, "We all have fantasies of a total transformation." Because of the benefits of thinking about your potential, once you decide to try something new, you can begin to plan towards the future and make the dream a reality. This article does a pretty good job at analyzing what causes a midlife crisis, but, on the other hand, it encourages some reckless behavior. Telling

people in their forties to just up and quit their jobs for another one that seems more fun at the moment sounds great at first, but it can also disrupt a person's life even more. This article overall is useful for my research paper because of its practical application to my topic.

Quart, Alissa. "The Snake Oil of the Second-Act Industry." *The New York Times*, 22 June 2018, <https://www.nytimes.com/2018/06/22/opinion/sunday/job-training-midlife-career-change.html>. Accessed 28 Jan 2020. Quart, author of *Squeezed: Why Our Families Can't Afford America*, adapted this essay from her book for an opinion piece on the reality of the second-act industry. Quart interviewed several adults who had dealt first-hand with the exploitation by for-profit colleges. Quart uses specific circumstances to support her personal opinion on the industry. She states, "Self-reinvention is an encouraging conceit. It is simply not always a possible one." This article helps me reflect on the possible risks that could occur when attempting to reinvent yourself. My view on the topic has been broadened after reading this article because I'm more aware of the precautions I should consider before jumping into a new career path.

Setiya, Keiran. "Facing Your Mid-Career Crisis." *Harvard Business Review*, March-April 2019, <https://hbr.org/2019/03/facing-your-mid-career-crisis>. Setiya discusses the drastic changes many adults between the ages of twenty and forty-five face. She describes the conflicting issues between sticking with what you chose as your career and evaluating the overall satisfaction with your life. She states that "the reasons for the 'midlife crisis' are not well understood," as they can vary from the "narrowing of options, the inevitability of regret, and the tyranny of projects successfully completed and replaced." The author articulates her concept of the "U curve," explains how the idea of a satisfactory career

changes throughout adulthood, and evaluates options to help people move successfully through a mid-life crisis. This article would be beneficial to the topic “Considerations for Midlife Career Changers” because Setiya explores the option of adapting to your environment rather than changing your career. She essentially explains that “the grass isn’t greener on the other side” by providing evidence that you could face regret no matter which choice you make regarding your career.

Setiya, Kieran. “Facing Your Mid-Career Crisis.” *Harvard Business Review*, March-April 2019, <https://hbr.org/2019/03/facing-your-mid-career-crisis>. The overall idea of the article is to reassure people having a mid-career crisis that this isn’t something they’re suffering through alone. For example, the author cites statistics about midlife crises to help normalize his readers’ situation. He also looks at a mid-life career change from a philosophical point of view. The article was very helpful due to the fact that the author is a credible source, and Setiya also includes statistics to further back up his points.