

This academic book begins with a thorough explanation of career adaptability and its role in the Career Construction Theory model of career adaptation. The introductory chapter is followed by 18 chapters in which I review findings from 260 studies about career adaptability and integrate them into a body of scientific knowledge that can serve as a basis for further conceptualization and investigation. I organized the integration using a conceptual framework for programmatic research that progresses across five sequential stages, each with distinct research methods: survey, technique, critical, theoretical, and applied. The review of *survey research* discussed the existing literature related to career adaptability, followed by reflection on the findings that identified dimensions of the construct and variables to which it may relate. The review of *technique research* described operational definitions with which to observe, quantify, and measure career adaptability. The review of *critical research* established a coherent nomological network of empirical relationships between career adaptability and related constructs. The review of *theoretical research* examined studies that tested hypotheses concerning relations among adaptivity, adaptability, adapting, and adaptation. And finally, the review of *applied research* concentrated on how educational, counseling, and coaching interventions can develop the career adaptability of students and employees. Appendices include four psychometric inventories: *Career Adapt-Abilities Scale*, *Student Career Construction Inventory*, *Career Maturity Inventory*, and *Career Mastery Inventory*.