Abstract
Fred Vondracek was one of the first scholars to highlight since at the beginning of 21st century that vocational psychology should consider social and work context changes to help people to cope with the future times (Vondracek, Ferreira, & dos Santos, 2010). In relation to this, and taking into account the rapid changes in the currently labor market, Fred Vondracek highlights the important roles of some positive resources, such as career adaptability, positive career orientation, proactive career behaviors (Hirschi, Lee, Porfeli, & Vondracek, 2013).
In this chapter, celebrating Fred Vondracek as a scholar who has greatly contributed to the development of our discipline and on the base of his reflections, theoretical assumptions of Life Design, and Psychology Youth Development approach, we consider some relevant resources to cope with difficult times that we are going through, such as hope, optimism, future orientation, resilience, occupational knowledge, and career adaptability. For each of those constructs research studies underscoring their role in personal and professional development in childhood, preadolescence, and adolescence, are presented. Then, as Fred Vondracek claimed, we highlighted the importance of involving people in vocational guidance projects, as soon as possible in order to prepare adults to cope with the today complex reality. The chapter also reports some important assessment tools useful to analyze strengths and improve training activity to promote positive resources such as hope, optimism, future orientation, resilience, occupational knowledge, and career adaptability.

**Keywords**: hope, optimism, future orientation, resilience, occupational knowledge, career adaptability.

**Introduction**

This chapter is part of a volume that honors Fred Vondracek’s work and achievements. The aim of this contribution is to highlight the affinities and similarities that we have shared and still share with him. The strong beliefs connecting us with Fred Vondracek regard the attention paid to current socio-economic...
changes, the context, developmental age, and the processes that support an adaptive career development.

As is well known, we are experiencing a time of such great and rapid changes that it is difficult to have full awareness of them and adapt the pace of our own existence accordingly. To deal with the personal and social ‘transitions’ associated with them, people need to use sophisticated coping strategies to safeguard their work and future prospective, as well as their wellbeing and quality of life (Nota, Soresi, Ferrari, & Ginevra, 2014). Fred Vondracek was one of the first scholars to highlight, at the beginning of 21st century, that vocational psychology should consider social and work context changes. In 2000, Vondracek and Hartung organized a symposium at the American Psychological Association Convention in Washington, D.C., emphasizing the need for new models, research paradigms, research methods, and methods of intervention, to help people to cope with the future times (Vondracek, Ferreira, & Santos, 2010; Vondracek & Hartung, 2002).

As regards the context, vocational psychology has always paid attention to the individual and the need for individuals to consider their life environments. Over time, an evolution of thinking has resulted in greater attention being paid to the fact that the context characterizes professional development and, consequently, that it must be seen not only as a “ground of exploration”, but as a set of conditions that can characterize the career construction of individuals. We strongly believe that it is unavoidable to envisage the involvement of so many allies that can allow the creation of wide and fruitful collaborations and help career counselors to support hope, optimism, solidarity, and to favor changes and improvements useful to innovation and to make the most of the collective