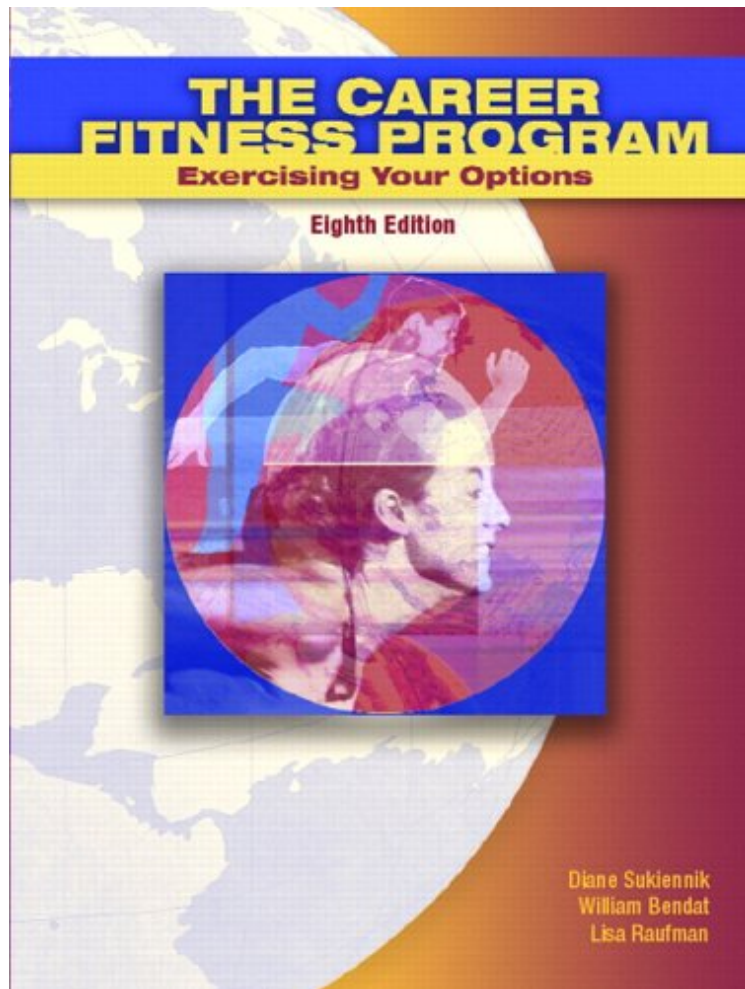


The Career Fitness Program: Exercising your Options (8th Edition)

Diane Sukiennik, William Bendat, Lisa Raufman
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Diane Sukiennik, William Bendat, Lisa Raufman : The Career Fitness Program: Exercising your Options (8th Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Career Fitness Program: Exercising your Options (8th Edition):

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as a gauge to see how well you react under pressure. This book is truly amazing, interesting and challenging (in a good way). 0 of 0 people found the following review helpful. Great for personal use college students (perhaps high schoolers too!) By CJmegI had to use this textbook/workbook for a required freshman course at my university. It seemed basic and self explanatory aka "state the obvious or common sense". However, I enjoyed how this book broke down particular topics and went into further detail. I like to think of this textbook more like a workbook. I'd recommend to anyone who really wants to learn something new about themselves that may be potentially useful in the future. Even if you aren't taking a course that uses this book. It's excellent for personal use as well. As a junior in college, I still use the book as reference.

For Career Planning, Career Development, and Career Decision Making courses/workshops. This revision retains and updates its' best-selling attributes(now including online course management) which are designed to help students choose, change, or confirm career choices, this best-selling text/workbook is firmly focused on today's career realities and economy--with sufficient breadth to encourage change and growth for students of all ages, backgrounds, and circumstances. It is user-friendly, easy to read, and is suitable for both 2-year and 4-year college students. CFP goes beyond facts and figures by offering critical questions that help students focus on "What's in it for me?" The organization of the book follows the standard sequence of career search and decision-making issues--Personal Assessment, The World of Work, and The Job Search. This enables the text to be used in short term courses or workshops while still giving students a comprehensive text for reference.

From the Back Cover The 8th edition proves why The Career Fitness Program has endured over the years and continues to be the most widely used text in the field. Taking a unique, holistic approach to career decision making, this established, user-friendly text features cutting edge material. This book is a must-have source for new, returning and re-entry students. Designed to help two- and four-year college students choose, change or confirm career choices, this best-selling workbook focuses on today's work realities and economy. Its broad scope encourages growth for students of all ages and backgrounds and helps them discover their best career fit. The text is comprehensive, easy to read, up-to-date, and goes beyond facts and figures by offering critical questions that help students focus on What's right for me? Features include: Managing your Finances Real Life Stories Web Exercises Multiple Intelligence Concepts Additional Support in and out of the classroom The Career Fitness Program has its own companion website designed to help students review the text material. This site is accessible through (www.prenhall.com/sukiennik). In addition, for instructors and students alike, we encourage you to visit our Student Success Supersite. This valuable resource is at www.prenhall.com/success Features include: Majors Exploration Career Advice Web Links Tips from Successful Students Student Bulletin Boards Faculty Resources About the Author Dr. Diane Sukiennik is a career counselor; a licensed marriage, family, therapist; and an internationally recognized lecturer and workshop facilitator. She holds an advanced degree from Columbia University and has extensive postgraduate training in industrial psychology, management, and organizational development. Currently Dr. Sukiennik is on the faculty of Moorpark College in California, where her areas of expertise are career development, personal and professional presentational skills, and managerial effectiveness. She is a consultant, has a private practice, and has contributed to the development of a nationally distributed telecourse on career and life development called "Career Advantage" distributed by PBS. Dr. William Bendat is a recognized leader and innovator in career development theory. While serving as Dean of Student Services at Moorpark College, he managed the award-winning counseling and career programs that gained both California and national eminence. His advanced degrees in counseling psychology, with emphasis in decision making and self-concept, have enriched the material within the text of The Career Fitness Program. Dr. Bendat is the Director of Careerscope, offering specialized career workshops to public and private agencies. He is currently involved in career strategies to improve high school graduation rates. He is also a licensed therapist, past President of the California Managers of Counseling, and a contributor to numerous workshops and professional journals. Dr. Lisa Raufman has been Dean of Counseling and Career Center Coordinator at El Camino College in Torrance, California. She is a career counselor and consultant, as well as a licensed marriage, family, and child therapist. Her master's degree is in counseling with a specialization in the community college and vocational rehabilitation. Her doctoral degree from University of California at Los Angeles focused on higher education, work, and adult development. Previously Dr. Raufman coordinated the Career Transfer Center at Moorpark College. She is past president of the Los Padres chapter of the American Society for Training and Development (ASTD) and the California Community College Counselors Association. For the past decade, Dr. Raufman has been a member of the California Community College Chancellors Office State Advisory on Career Development.