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This book is designed to help learners choose, change, or confirm career choices. The Career Fitness Program is firmly focused on today's career realities and economy—with sufficient breadth to encourage change and growth for learners of all ages, backgrounds, and circumstances. User-friendly, easy to read, and appropriate for all learners, it provides three teaching and learning career handles-choice, change, and confirmation-that help students find their career 'fit'.

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For Career Development, Career Placement, Job Search, and Career/Life Planning courses/workshops. 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 specific circumstances. Exceptionally readable and "user-friendly," it offers a "complete" or "holistic" approach to career development and follows the standard sequence of career search and decision-making issues Self-Assessment, The Job Market, Decision Making, and The Job Search. Every section is filled with positive yet pragmatic discussions, relevant exercises, and real-life examples of resources and techniques.

User-friendly and realistic, this systematic, step-by-step "cutting-edge" guide to career decision-making provides anyone seeking to change, choose, or confirm career goals with a convenient workbook that will guide them in developing a personalized, doable, take-action plan. Based on the authors' over 30 years of cutting-edge experiences in counseling and career delivery systems, and with research and community feedback, the workbook is focused on today's career realities and economy, and addresses the needs of readers of all ages, backgrounds, and specific circumstances. It is filled with pragmatic discussions, relevant exercises, real-life examples of resources and techniques, Web sites, and various strategies that outline the what, when, and how of all aspects of career planning and development. Uses a holistic approach that follows the standard sequence of career search and decision-making issues--Self-Assessment, The Job Market, Decision Making, and The Job Search. Features up-to-date coverage of hot topics such as multiple-intelligence, the year 2000 and beyond, electronic strategies for the job search and resume writing. For anyone seeking to change, choose, or confirm career goals.

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