

## **The Career Fitness Program: Exercising Your Options, 8th edition**

Authors: Diane Sukiennik, William Bendat, and Lisa Raufman

### Focus

- Comprehensive: Career Planning and Employment Information
- Several theories mentioned, but does not appear to be focused on one main theory (ex. Super, Holland, Jung/Myers, Herzberg's theory, Maslow)
- Orientation is practical; lots of exercises and activities

### Background

- 1<sup>st</sup> copyright = 1985 by Gorsuch Scarisbrick Publisher
- 89 references, publication dates of references range from 1923-2006 with most being more recent, 8 editions
- Author information available – one paragraph about each author in preface
- Unsure whether first author has taught the course

### Content

- Total of 368 pages containing some black and white photos
- Assignments/Learning Activities
  - a. Exercises/Activities: 118
  - b. Tables/Figures : 63
- Exercises and Activities are imbedded within the text
- Book is broken into three parts. Part I: Personal Assessment, II: The World of Work, I & II combined: Chapter Summaries (pulling information together) III: Job Search Strategies
- Chapters include: Taking Stock; Programming Yourself for Success; Values Clarification; Focusing on You: Personality and Interests; Skills Assessment; The World and You; Information Integration; Making Decisions; Targeting Your Job Search; Preparing a Winning Resume; Interviewing Successfully; Future Focus
- Mentions assessments such as MBTI, SDS, and Strong Interest Inventory within text, includes exercises for students to reflect

### Instructional Support & Price

- Cost of Book: \$44
- Student Access Kits (different formats available, such as web & blackboard): \$16
- Both PowerPoint and Transparencies offered as instructional support
- Valuepacks (e.g., text & access kit together = lower price: \$13.33 cheaper than buying separate)
- Instructor's Manual
  - Paper format
  - Web
- Additional resources:
  - Companion Website includes objectives, quotes, online quiz, exercises, chapter summaries, real stories and facts & figures questions, articles, Internet activities, Internet links, message board, resume builder, syllabus and test manager for professors
  - Personalized First Day of Class Home Page (includes links to printable handout, onscreen presentation, and an email address)
- Computerized Test Management
- Prices currently unavailable