

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

- 1st 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

The Career Fitness Program: Exercising Your Options, 9th Edition, Diane Sukiennik, et al, 2009. The Career Guide for Creative & Unconventional People, Revised Edition, Carol Eikleberry and Richard N. Bolles, 2007. Do What You Are: Discover the Perfect Career for You Through the Secrets of Personality Type, Paul Tieger and Barbara Barron, 2007. Please Understand Me II: Temperament, Character, Intelligence, David Keirsey, 1998. Repacking Your Bags: Lighten Your Load for the Rest of Your Life, Second Edition, Richard J. Leider and David A. Shapiro, 2002. What Color Is Your Parachute?2010: A P W05-Creating Your Career Fitness Portfolio.pptx. View more. Study on the go. Setting up a workout program can help keep you on track whether you are a beginner, intermediate, or advanced. Here are sample routines to try.Â If you're a new exerciser or you're trying to get back to exercise, knowing where to start is a challenge. The right workout schedule will depend on a variety of factors like your age, fitness level, goals, and any physical restrictions you may have. How to Set Up a Comprehensive Exercise Schedule.Â As an advanced exerciser, you have lots of options for scheduling your workouts. If you want to focus on strength and muscle, you can split your strength routine even further, doing push exercises one day and pull exercises the next.