



The Career Fitness Program: Exercising Your Options (10th Edition)

Diane Sukiennik Professor Emeritus, Lisa Raufman Professor Emeritus, William Bendat

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Firmly focused on today's career realities and economy - with sufficient breadth to help students choose, change, or confirm career choices and encourage growth for all ages, backgrounds, and circumstances.

The Career Fitness Program is a top to bottom renovation, reaffirming, recasting, refocusing, and reframing this best-seller to revitalize content, graphics, photos, and layout to address the changing needs of students. It is user-friendly, easy to read, and suitable for both two- and four-year college students. It goes beyond facts and figures by offering critical questions that help students focus on, 'What's in it for them', to discover their best career fit. The organization follows the standard sequence of the decision-making process and career search process - Personal Assessment, The World of Work, and The Job Search - which enables use in short term courses or workshops while still giving students a comprehensive text for reference, and is easily customizable.

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