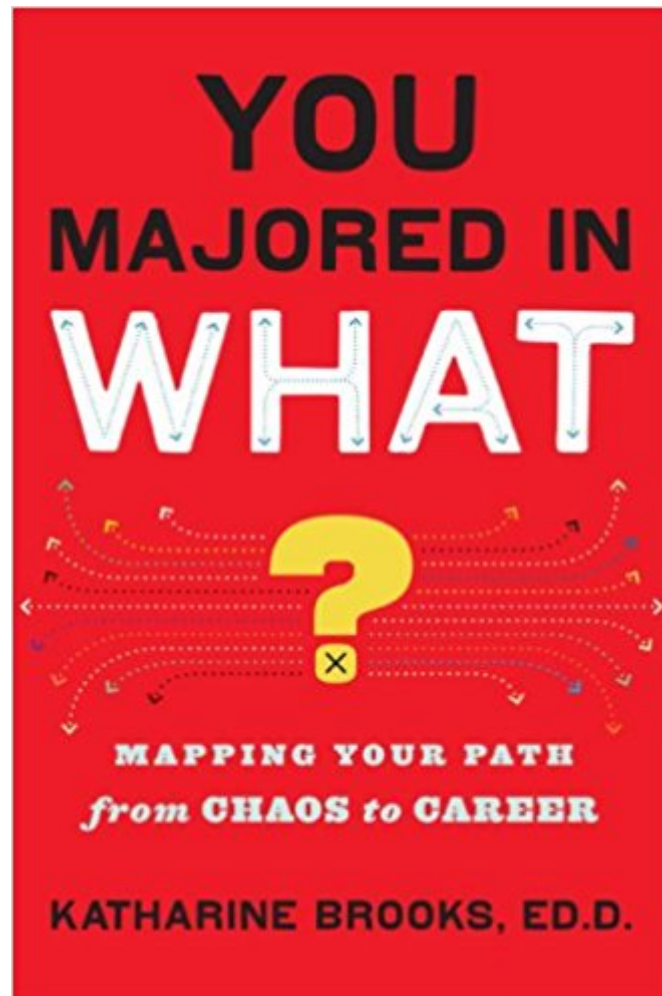




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You Majored In What?: Mapping Your Path From Chaos To Career



Synopsis

Read Katharine Brooks's posts on the Penguin Blog. Has it happened yet? Have you been asked The Question? You know the one. It's the question that haunts you from your early undergrad days to months, even years, after you graduate... "What are you going to do with that major?" Inevitably this unleashes waves of anxiety, whether you're a liberal arts student unsure what your degree has prepared you for, someone with a "practical" major whose career field is oversaturated (or just unappealing), or a recent grad still searching for inspiration. But take heart - The Question is fundamentally flawed. Your major does not equal your job! In *You Majored In What?*, nationally known career counselor Dr. Katharine Brooks dispels the myths and the old-fashioned thinking that can make your transition to the "real world" so daunting and chaotic. Developed from more than twenty years of teaching and guiding students to successful careers, her *Wise Wanderings* career coaching system helps you mine your academic and life experiences for career gold through creative yet practical techniques including visual mapping, storytelling, and experimenting. Thanks to the *Wise Wanderings* system, you can forget what you've been told about the job search. You don't have to know where you'll be in ten years. You don't have to have picked the perfect major. The job-finding process doesn't have to be one more burden on your already overburdened schedule. All you have to do is pay attention. Embrace the chaos. Think. Create maps. Construct small experiments. Celebrate your education. Consider possible lives. Tell stories. And start wandering. Wisely, of course. You'll be amazed at what's waiting out there for you.

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Customer Reviews

"In times like these it's crucial to look at entering the workplace from a whole new perspective and *You Majored in What?* accomplishes this! Who cares what your college major is? What is more important are your dreams, values and strengths and this book helps any young person figure these things out and find a career that fits. Buy it now! It's great!"- Julie Jansen author of *I Don't Know What I Want, but I Know it's Not This!* "Kate Brooks addresses the key challenges faced by many college students as they attempt to bridge the chasm between sixteen years of education and the largely unknown world of work. *You Majored in What?* is truly a great guide for the soon-to-be-launched student. At a time when all job-hunters are going to need to raise their level of job-getting skills, Kate Brooks has provided the liberal arts grad with exactly what they need to compete and succeed." -Jaye R. Roseborough, Executive Director, Career Services, Middlebury College "A fresh and encouraging voice in the liberal arts job search wilderness. Extremely helpful exercises and examples. Will be very useful to both students and career counselors. I plan to use it a lot" -Carolyn Couch, Associate Director of Career Services, Wake Forest University "You Majored in What? is a lifeline for parents and students who value a liberal arts education. Katharine Brooks offers smart and accessible insights that turn the apparent chaos of a liberal arts major into a "wandering map" to illuminate many routes toward a fulfilling career and life." -James H. Madison, Professor of History and Director, Liberal Arts and Management Program, Indiana University. "Students of all ages will gain valuable insight into their own interests, goals, and career aspirations from this book, even if all they do is skim the first 2 chapters. *You Majored in What?* helps young people find the connections between their interests and the inexhaustible career options available to them. This book should be sent to every student with their letter of admission or given to every first-year student at the start of orientation. I hope to share it with my graduate students." -Paul Binkley, Director Career Development Services, The George Washington University "The wisdom contained in this book could not have become available at a better time for the millions of Gen Y college students and recent graduates who are simultaneously struggling with crushing levels of student debt and the desire to find a career where they can do meaningful work that is of benefit to society." -Steven Rothberg "An amazing, refreshing new perspective on an ancient question that does not leave sage advice behind! This book takes tried-and-true concepts and adds meaning and organization. One can't but help but think, engage and be encouraged by Kate's valuable wisdom! Useful as a course text, a journal, a job search manual, or what it reads like: a personal career companion, mentor or friend. Born of chaos theory, this book is ready to deliver into the hands of the yearning who are eager to absorb it. Loaded with images, constructive strategies, and meaningful

advice, *You Majored in What?* is intellectual, but practical, and readers will deepen their appreciation of their majors. With its many examples, exercises, reflections and real life stories, this book has something for every reader to grab a hold of to achieve not only career success, but life and work success." -Denise Dwight Smith, Director, University Career Center for Work, Service, and Internships, UNC in Washington "Through the use of positive language, metaphors, and practical application, *You Majored in What?* is a wonderful guide and workbook not only for the undergraduate student but also for the career center practitioner! Whether a student, mentor, or coach, unquestionably you will be inspired and empowered by the possibilities that will result from the Wise Wandering and mapping activities." -Meg Flournoy, Associate Director, The Duke MBA Career Management Center "You Majored in What? will speak to the person in career transition or the college student simply overwhelmed by the options. The tone is light and the exercises are manageable, designed to release your hidden dreams and strengths. This is a fresh and much needed addition to the field of career development." -Beverly T. Lorig, Director, Career Services, Washington & Lee University "You Majored in What? is filled with interactive exercises and is written in an engaging and practical way. This book will be a helpful resource for students as they consider their post- college plans." -Deanne H. Maxwell, Assistant Director, Student and Career Development, Cornell University "Kate Brooks poses a multitude of questions in *You Majored In What?* Fortunately, she also offers plenty of answers to take willing readers on a journey of self- discovery from chaos to satisfying career choices." -Skip Sturman, Director, Career Services, Dartmouth

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Katherine Brooks provides a progressive and realistic look at how students can identify career choices! As a career counselor, I spend a lot of time walking students through assessments and having conversations about their interests, values and skills. Upon reading this book, Brooks appealed to my creative, "I'm sick of the same ol' thing all the time" side. I utilized some of her activities from the book, including the wandering map and possible lives, into my career decision making class. It was a innovative approach to having the students DECIDE how a career can fit into their lives, not how they fit into a specific career field. Students tend to spend too much time wanting this magic idea for a career spit out by an assessment that they rarely stop to think about WHO they really are. Brooks provides a process oriented approach to helping students discover who they are and how they make meaning throughout their lives; in the long run, I believe this will be more helpful and fulfilling to them. Similar to happenstance theory, Brooks also spends a lot of time on chaos theory and describes career planning as a non-linear path. This is one of my favorite themes from the book. It's amazing how important this is to discuss with students - sometimes I can actually see a physical reaction from them as they learn that there isn't one right way to discover a career choice and that exploring is OKAY, and even preferable, despite what society and their parents are saying. This book really excites me, and that has obvious implications for the students with whom I work. If you're looking for something new, fun, and innovative, READ THIS BOOK! Don't be afraid to try these activities; it may seems uncomfortable at first, but students really respond to them, and for a little while, it takes them away from all the pressure they feel in this decision. As I read this book, I am easily reminded that my career path was anything but linear, and that's the greatest part of my story. What about yours?

I am an undergraduate adviser at a four-year university and was immediately drawn in by the title of this book since I work with students who are majoring in design and arts and often feel uncertain about where their path will lead after graduation. I received my Master's in Career Counseling and in my graduate program, the happenstance learning theory by John Krumboltz was heavily

emphasized, and it was so refreshing to have Katharine Brooks take elements of this theory and create an engaging, illuminating, and empowering book that both counselors can use with their clients/students as well as being used as a stand-alone resource by people who may not have easy access to career counseling. Even though this book is geared more towards college students, I would recommend this book to anyone who needs to be encouraged and uplifted in their career journey. A must read in any career-counselor's toolkit!

"you majored in what?" provides a fresh, detailed approach to career research. about 22 years ago, i needed a career change. i attended counseling classes, and also went through the then-current volume of bolles' ubiquitous "what color is your parachute;" although i was successful in my effort, i wish this book and approach had been available then (yes, even though this book is aimed at graduating college students, i think career-changers could benefit equally from its content). the WCIYP approach is terrific as far as it goes, but it is not as straightforward and freeing-from-stereotypes as would have been helpful to me. "you majored in what?" is an open-ended brainstorming of a sort, with a framework laid out to really allow me to link experience, strengths and interests. the author uses the term "wandering map" to describe the basic tool upon which the "search" is built. "wandering" sounds a little too unfocused to me; i think it really works more like a "brainstorming map." other reviews here provide terrific detail on the content, so i'll stop here. the book is easy to read and follow, and yet is a complete, detailed description of a confidence-building career search process.

Great book for my students!

This book is magnificent! It takes a topic that is so important as Career Development and allows you the freedom to look at everything you've accomplished as you map your future. Turning what appears to be chaos into the magic of your career. We need more happy workers. It starts by knowing yourself and spelling out where you've been before taking a job where you can thrive. I highly recommend that you journey through this book as you create your future!

This book teaches us to listen to our heart more and discover who we really are rather than depending on some linear and "outside" definition of what we need to do and be. Its helpful for anyone, not just college students. In today's world where young adults are feeling the pressure of knowing they will be graduating from college deep in debt-- this book helps the student stay

confident, follow their intuition, relax, and trust the process. *You Majored in What?* encourages its reader to use college as a time of exploration and uncovering interests, to enjoy and observe the lessons learned along the journey, rather than being only focused on the destination, while at the same time giving step by step instructions on what to do each step of the way.

If you find yourself unemployed or simply in a rut in your current job, this may be the book for you. It provides great insight into how you can apply your skills in alternate industries - some of which you may not have thought of or considered in the past. For the price, I highly recommend adding it to your library or passing it on to a friend or colleague in need of a confidence boost or job search assistance. This is my 3rd purchase. I keep finding people that can really use the support.

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