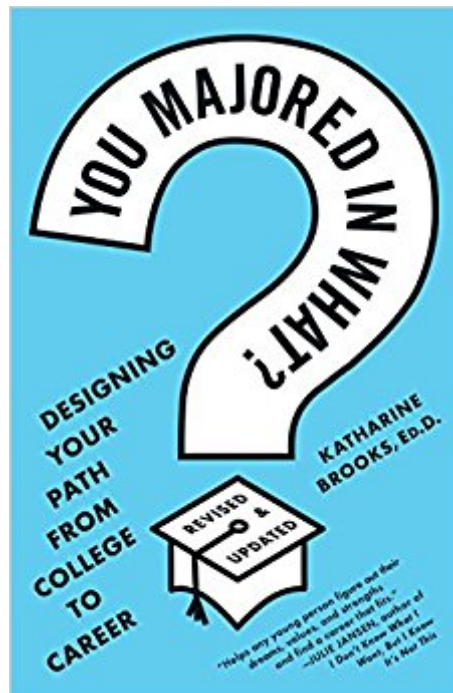




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You Majored In What?: Designing Your Path From College To Career



Synopsis

Fully revised and updated in 2017, the revolutionary career guide for a new generation of job-seekers, from one of the U.S.'s top career counselors. "So what are you going to do with your major?" It's an innocent question that can haunt students from high school to graduate school and beyond. Relax. Your major is just the starting point for designing a meaningful future. In this indispensable guide, Dr. Katharine Brooks shows you a creative, fun, and intelligent way to figure out what you want to do and how to get it, no matter what you studied in college. You will learn to map your experiences for insights into your strengths and passions, design possible lives, and create goals destined to take you wherever you want to go. Using techniques and ideas that have guided thousands of college students to successful careers, Dr. Brooks will teach you to outsmart and outperform your competition, with more Wisdom Builders and an easily applied career development process. No matter what career you aspire to, *You Majored in What?* offers a practical, creative, and successful approach to finding your path to career fulfillment.

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Customer Reviews

"Brooks provides those tools in the form of a series of quizzes and exercises designed to crystallize students' talents and inclinations. She then explains how to use the results to choose a direction, stand out from the crowd and wow job interviews." *TIME* "Combines... What Color Is Your Parachute?" with genuinely practical advice." *New York Times* "An

appealing blend of poetry and pragmatism. [Brooks] talks about finding the narrative of your life and harnessing the value of happenstance, but she also coaches readers on the nuts-and-bolts of resume writing and interviewing. "You Majored in What?" would make a wonderful gift to both high school and college grads.

—Austin American-Statesman "Supportive, ingenious, and fun, Brooks's innovative career coaching can turn beloved interests into satisfying vocations."

—Boston Globe "Dr. Brooks, a longtime college career advisor, provides students with an optimistic, encouraging outlook, and shows them that their strengths and skills are more important than choice of major... a positive reinforcement to the students who pursue their interest in liberal arts, and parlay the same interests into successful careers."

—Examiner.com "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!* "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, former Executive Director, Career Services, Middlebury College "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 Emeritus of History and former 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, Student Career Development, Johns Hopkins 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 a benefit to society." — •Steven Rothberg, President and Founder, CollegeRecruiter.com

"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 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, Assistant Vice President, Alumni and Career Services, University of Richmond

"A wonderful guide and workbook not only for the undergraduate student but also for the career 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 Flourney, Sector Director, Duke MBA Career Management Center

"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, Associate Director, Student and Career Development, Cornell University

"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, Assistant Director, Career Services, University of Virginia

"Offers plenty of answers to take willing readers on a journey of self-discovery from chaos to satisfying career choices."

— •Skip Sturman, Emeritus Director, Career Services, Dartmouth

"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

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mapping activities." -Meg Flourney, Associate Director, The Duke MBA Career Management Center

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"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 --This text refers to an out of print or unavailable edition of this title.

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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