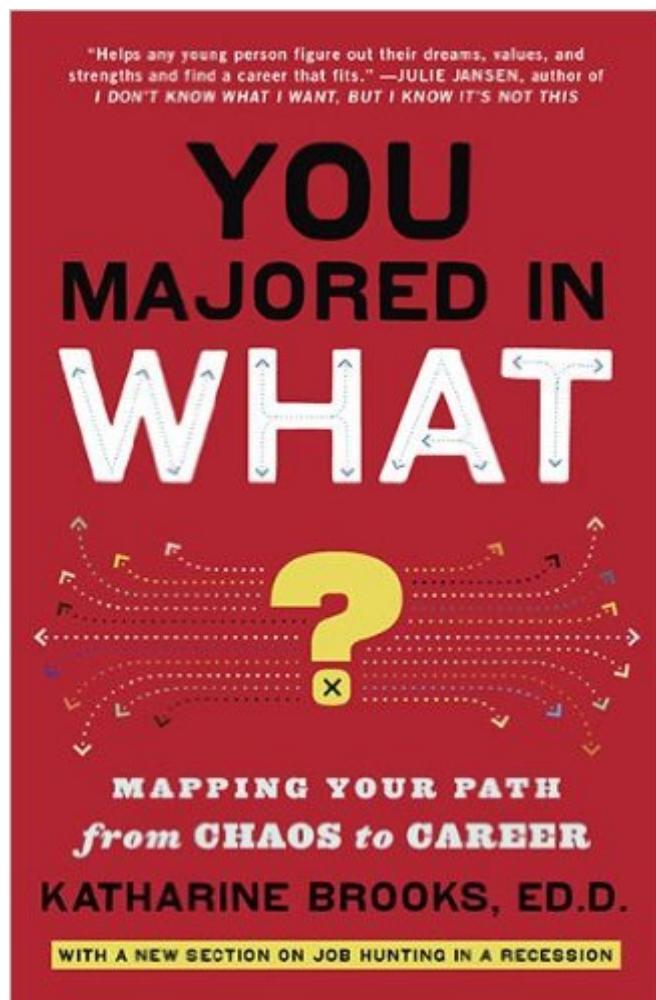


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# You Majored In What?: Mapping Your Path From Chaos To Career



## **Synopsis**

Read Katharine Brooks's posts on the Penguin Blog. As revolutionary as *What Color Is Your Parachute?*, this career guide for a new generation of job-seekers, from one of America's top college career counselors. With the job market in flux, young people face The Question: what are you going to do with that major? In this indispensable guide, Dr. Katharine Brooks provides a road map for twenty-somethings, replacing obsolete thinking that "major = career," and instead using positive psychology, mapping techniques, and experimental wanderings to help job seekers reframe their skills. Brooks provides effective strategies to help readers mine their academic and life experiences for new insights into landing jobs with the best employers, and finding alternatives when the situation calls for a Plan B. *You Majored in What?* offers a practical and proven approach to reframing experiences, discovering overlooked opportunities, and finding a true calling, regardless of your undergraduate major or the state of the job market.

## **Book Information**

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## **Customer Reviews**

I have been a career counselor for almost fifteen years now, and my shelves are filled with everything from "What Color is Your Parachute?" to "Do What You Are" to "I Could Do Anything If I Only Knew What It Was". Until recently, I felt that most every career exploration book was retreading the same ground, connecting your skills, values, and interests in a linear way to matching job titles. Or, at the other extreme, telling you to just think happy metaphysical thoughts to change the universe and manifest prosperity. Then I read "You Majored in What?" - and I was blown away

by a radically new approach to career exploration, based on Chaos Theory and what the author calls "Wise Wandering". It takes into account the fact that nobody follows a linear path to a lifelong career that fits perfectly. Instead, it leverages the seemingly random events in your life to provide clues to your attractors. Thank you, Dr. Brooks, for giving me a new set of tools to use with my clients. It's opened me up to new approaches, and reminded me that, as Tolkien said, "Not all those who wander are lost."

Having just been fired from my new job, I was despondently wandering around the public library looking at books in the career and job-hunting section. I picked up a few, but, as is always the case, they were dry & uninspired, didn't apply to me or my situation as much as I'd hoped, and, frankly, made me feel even more despondent. Then I came across "You Majored in WHAT?" in the new books section. I resonated with the question as I'm a double-major in English and Philosophy with a minor in Anthropology ... living in an area where having a college degree has gotten me kicked out of more interviews than I can count (you don't need a degree to use a cash register or fry a burger). I thought it might be a book that was sympathetic to my situation (over-educated in an undereducated town) and would, at least, entertain me for an hour. I was wrong! It was so refreshing, positive, interesting, and inspiring that I actually got tears in my eyes. It gave me hope that somehow, somewhere, someday I'll be working in a job - a career - that makes use of my mind, my education, my talents and my interests. It's okay that, since my graduation, I've been wandering, trying to figure out where I belong and what I should/could be doing. It told me that my way of thinking has NOT been wrong these past few years - I'm allowed to try different things, I'm allowed to be confused, I'm allowed to still be figuring out what I want. Best of all, it showed me that there are others out there like me, those who are wondering what to do with their chosen majors, if it was all worth it, if everything will work out in the long run. This book is long, long overdue and so needed. A breath of fresh air in the all-too-stale world of work. This is a book that I will purchase and refer to again and again when the chips are down, and will recommend to many.

"You Majored in What?" walks you through the entire career process and the brainstorming before trying to make your career goals come to life. The Wise Wandering career method removes the anxiety and stress from the career search process. This book is like therapy and career coaching in one. It is great for planning, identifying your strengths and allowing you to pursue more than one career path at once. The book has great resources for interviews, resumes, cover letters, grad schools, etc. I have recommended this book to all my friends that are professionals. This book is

great for professionals and students.

"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.

Even though this book is marketed (and written) for high school and college students or recent graduates, as a person who recently re-entered the job market (after staying home and raising my daughter) I found this book extremely helpful in shaping my ideas for what I could "do" and how to promote myself to an employer. Making the various maps was a lot of fun and I learned things about myself that I had never thought about before. The chapters on resumes, cover letters, and interviewing were full of great ideas and I produced a targeted resume that got me interviews immediately. Even better, I got the second job I applied for-- despite this terrible economy! Highly recommended for anyone at any age.

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