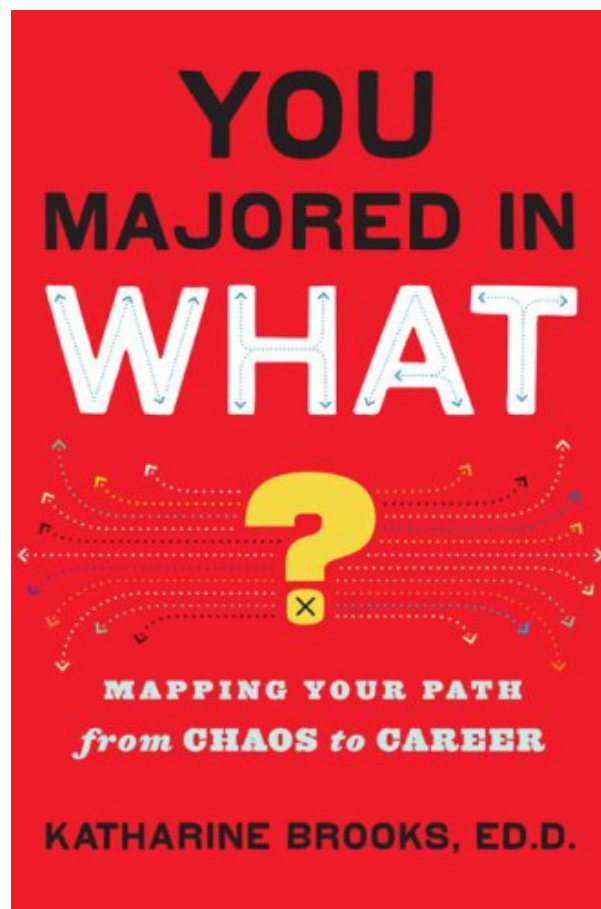


**YOU MAJORED IN WHAT?: MAPPING YOUR  
PATH FROM CHAOS TO CAREER BY  
KATHARINE BROOKS**



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# YOU MAJORED IN WHAT



**MAPPING YOUR PATH**  
*from CHAOS to CAREER*

**KATHARINE BROOKS, ED.D.**

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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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3 of 3 people found the following review helpful.

The TRUTH about career planning!

By Carly Dennis

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 seem 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?

3 of 3 people found the following review helpful.

Embrace the Chaos!

By Kelli Sholer

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!

12 of 12 people found the following review helpful.

don't let the easy accessibility fool you

By O

"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.

See all 51 customer reviews...

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## Review

"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, University of North Carolina, Charlotte

"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

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#### About the Author

Katharine Brooks, Ed.D. is director of Liberal Arts Career Services at The University of Texas at Austin. A nationally recognized career coach, trainer, professor, and counselor for more than twenty years, she is also the creator of the National Association of Colleges and Employers Career Coaching Intensives, highly successful, sold-out training sessions for career counselors. She has a doctorate in educational psychology.

The perks to take for checking out guides *You Majored In What?: Mapping Your Path From Chaos To Career* By Katharine Brooks are concerning boost your life quality. The life quality will certainly not just concerning just how much knowledge you will certainly gain. Also you check out the fun or enjoyable e-books, it will certainly aid you to have boosting life top quality. Really feeling enjoyable will lead you to do something flawlessly. In addition, the book *You Majored In What?: Mapping Your Path From Chaos To Career* By Katharine Brooks will certainly give you the driving lesson to take as a good need to do something. You may not be useless when reviewing this e-book *You Majored In What?: Mapping Your Path From Chaos To Career* By Katharine Brooks