



The Career Fitness Program: Exercising Your Options, Student Value Edition Plus NEW MyStudentSuccessLab -- Access Card Package (11th Edition)

By Diane Sukiennik Professor Emeritus, Lisa Raufman Professor Emeritus

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Editorial Review

Review

A career is not a 100-yard dash it's a lifelong marathon!

— **Katie Scott-Garcia, Santa Fe College**

Thorough, Concise, and User Friendly.

— **Jonathan Brent Ellis, Hillsborough CC-Dale Mabry campus**

Hands On, User Friendly, Relevant.

— **Ailene Crakes, San Diego Mesa College**

Engaging, informative, user friendly.

— **Belen Torres-Gil, Rio Hondo College**

Relevant, understandable, valuable.

— **Cheryll LeMay, Diablo Valley College**

Easy to read, lots of resources and student friendly.

- **Wendy Walker, Dutchess Community College**

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About the Author

"Dr. Diane Sukiennik" is a career counselor; a licensed marriage, family, therapist; and an internationally recognized lecturer and workshop facilitator. She holds an advanced degree from Columbia University and has extensive postgraduate training in industrial psychology, management, and organizational development.

Currently Dr. Sukiennik is on the faculty of Moorpark College in California, where her areas of expertise are career development, personal and professional presentational skills, and managerial effectiveness. She is a consultant, has a private practice, and has contributed to the development of a nationally distributed telecourse on career and life development called "Career Advantage" distributed by PBS. "Dr. William Bendat" is a recognized leader and innovator in career development theory. While serving as Dean of Student Services at Moorpark College, he managed the award-winning counseling and career programs that gained both California and national eminence. His advanced degrees in counseling psychology, with emphasis in decision making and self-concept, have enriched the material within the text of "The Career Fitness Program." Dr. Bendat is the Director of Careerscope, offering specialized career workshops to public and private agencies. He is currently involved in career strategies to improve high school graduation rates. He is also a licensed therapist, past President of the California Managers of Counseling, and a contributor to numerous workshops and professional journals. "Dr. Lisa Raufman" has been Dean of Counseling and Career Center Coordinator at El Camino College in Torrance, California. She is a career counselor and consultant, as well as a licensed marriage, family, and child therapist. Her master's degree is in counseling with a specialization in the community college and vocational rehabilitation. Her doctoral degree from University of California at Los Angeles focused on higher education, work, and adult development. Previously Dr. Raufman coordinated the Career Transfer Center at Moorpark College. She is past president of the Los Padres chapter of the American Society for Training and Development (ASTD) and the California Community College Counselors Association. For the past decade, Dr. Raufman has been a member of the California Community College Chancellors Office State Advisory on Career Development.

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