



Waikato Branch

Friday, 13 August 2010

CDANZ Book Club	
AUTHOR	Heather McAllister
TITLE	Who You Are is What You Do: making choices about life after school
ISBN	978-0-473-16097-5
DATE	ISSUED TO
2010	Beatnik Publishing
	RRP \$35
	Poppies Bookstore
	www.fishpond.co.nz
on order	Hamilton City Libraries
	www.beatnikpublishing.com

<p>Reviewer: Megan Smith</p>
<p>Heather McAllister brings her experience, working with young people in transition from school to tertiary education at Auckland University and as a careers advisor, to a concise and useful handbook. ‘Who You Are is What You Do: Making Choices About Life After School’ uses a range of practical information along with the self-knowledge ideas of three philosophers to help users better understand themselves and the career decisions they face.</p>
<p><i>Key ideas</i></p> <ul style="list-style-type: none"> • Life-long learning • Self-awareness leads to improved decision-making • Value of education and training • Career as a story
<p><i>Content</i></p> <ol style="list-style-type: none"> 1. Introduction to the concept of careers ‘then and now’; skills and attributes sought after by employers 2. Concepts and exercises for self-awareness through a skills audit, and the work of three philosophers Friedrich Nietzsche – passions Martin Heidegger – values Jean-Paul Sartre – choices made 3. Conclusion, including research and planning tips; advice on making study decisions
<p><i>Activities</i></p> <ul style="list-style-type: none"> • Writing responses to questions within each section – there is some limited space for recording answers within the book • Practical action steps, e.g. what and where to research, personal experiences, websites • Further reading suggestions
<p><i>Final comment</i></p> <p>With clear, imaginative layout and crisp content, it is well aimed for the target user – secondary school students. Career stories illustrate key ideas well. Unfortunately, in ensuring the book isn’t too lengthy the personal response space is minimal, which lessens its potential as a personal workbook.</p> <p>I would recommend this book for its good common-sense advice, particularly for students making the transition from secondary to tertiary education and training.</p>