Contents

Preface vii
About the Authors xi
About the Contributing Authors xii

PART I. GET READY FOR YOUR TRANSITION TO THE WORKPLACE 1

1. Meet the New Workplace Realities (and Your Paperback Mentors) 3
2. Yes! You Can Succeed in Life With a Bachelor’s Degree 15
3. Make the Most of Your Opportunities—Now! 35

PART II. KNOW THYSELF—BETTER! 57

   by Camille Helkowski
5. Your Journey Through Psychosocial Development Continues Long After Graduation 77
6. Know the Skills You Need to Succeed (Course Content is No Longer the Focus) 95
7. Jump-Start Your Job Search 113
   by John Jameson
PART III. ONBOARDING TO WORK  141
8. Why Are Attitudes, Motivation, and Work Centrality Important?  143
9. Your First Real Job? It’s Primarily About Communicating  165
10. Avoid False Expectations: Onboarding and Your First 90 Days  185

PART IV. I GRADUATED AND GOT A JOB: WHAT’S NEXT?  207
11. Your Personal Life Changes After College  209
    by Abby (Wilner) Miller
12. From Know Thyself to Manage Thyself  227
13. Prime Yourself for More Transitions  245

Author Index  281
Subject Index  285