

REVIEW OF CAREERS WITH CHILDREN AND YOUTH: AN INVITATION TO EXPLORE PERSONAL AND PROFESSIONAL POTENTIALS

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Carol Kelly and Carrie Rothstein-Fisch have created a concise, user-friendly guide to careers with young people. Not only is this book an invaluable resource for anyone contemplating work with children and youth, it represents a major contribution to the field of Career Counseling. However, it does not only belong in a Career Library, as Kelly and Rothstein-Fisch suggest, it also constitutes a significant resource for anyone teaching in the human sciences or supervising helping professionals. In addition, it is a powerful tool for those already in the field who wish to reevaluate their career plans.

As scholars who are close to practice issues with children and youth and who teach with an emphasis on career planning, Kelly and Rothstein-Fisch are well positioned to integrate information from a variety of sources. This book not only describes a broad range of career options with clarity and honesty, but also orients the reader to the process of career development itself.

Using the metaphor of an adventure, the authors direct the reader through a short series of exercises sequenced to focus first on the self, then on others. By stressing self-reflection as the starting point for exploring careers, Kelly and Rothstein-Fisch adopt a developmental approach to career development, where self-awareness and self-concept contribute to vocational choice. This book not only embodies this approach; it also provides the reader with a bird's eye view of the process by describing the most popular theories of career development in current use.

Chapter one provides an overview or "map-like scheme" of the book and of the adventure. It introduces the metaphor of a journey and encourages the reader to savor the process so as not to "miss the scenery." At the same time, Kelly and Rothstein-Fisch acknowledge that career exploration can be both time consuming and exhausting. Chapter two, "Thoughts about the Self," initiates the process of self-reflection. The reader is encouraged to write an autobiography and produce a series of lists that describe personal characteristics. Career assessments, reading, and coursework are also described as potential sources of information, as are interviews with professionals in the field. Chapter three provides an excellent description of the basic skills required in working with children and youth. The focus is on effective communication and the authors provide an insightful yet succinct analysis of its most important components.