



# Career Development and Planning: A Comprehensive Approach

*Robert C. Reardon, Janet G. Lenz, James P. Sampson, Gary W. Peterson*

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The text includes theoretical work in cognitive psychology and relevant knowledge from the applied behavioral sciences. • Part I (chapters 1-5) focuses on the theory base in cognitive information processing, with detailed, practical examples of the application of the theory in typical career situations, including self-knowledge, occupational knowledge, and decision making. • Part II (chapters 6-10) provides a multidisciplinary overlay of issues that affect career decisions, such as economic trends, organizational culture, and family-career conflict. • Part III (chapters 11-15) focuses on concrete steps for executing a strategic career plan and seeking employment, including an examination of familiar topics such as interviewing, resume writing, negotiating, and work adjustment, from a cognitive and multidisciplinary perspective.

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