

1. Record Nr.	UNINA9910825489103321
Autore	Terhune Tori Randolph
Titolo	Life after college : ten steps to build a life you love // Tori Randolph Terhune and Betsy A. Hays
Pubbl/distr/stampa	Lanham, Maryland : , : Rowman & Littlefield, , 2014 ©2014
ISBN	0-8108-9531-5 1-4422-2598-X
Descrizione fisica	1 online resource (259 p.)
Disciplina	650.1
Soggetti	College graduates - Employment Career development Life skills Success
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Includes index.
Nota di contenuto	CONTENTS; ACKNOWLEDGMENTS; INTRODUCTION; CHAPTER ONE. TIME AND SLEEP MANAGEMENT; CHAPTER TWO. MONEY, BENEFITS, TAXES, AND INSURANCE; CHAPTER THREE. LIVING ALONE OR WITH OTHERS; CHAPTER FOUR. LIVING HEALTHY; CHAPTER FIVE. FAMILY, FRIENDS, AND LOVE; CHAPTER SIX. MANAGING THE WORKPLACE; CHAPTER SEVEN. MAINTAINING CAREER MOMENTUM; CHAPTER EIGHT. MENTORS AND MENTORING; CHAPTER NINE. LIFELONG LEARNING; CHAPTER TEN. SET YOURSELF UP FOR SUCCESS; INDEX; ABOUT THE AUTHORS
Sommario/riassunto	Transitioning from college to "real life" has never been easy. Life After College aims to help recent grads successfully adjust to life beyond college. Focusing on more than just success in the workplace, the authors offer practical advice for all points of life-from time management at home to establishing friendships, love, and relationships. This book will help any recent grad build a fulfilling life.