

<<生涯规划>>

图书基本信息

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前言

In February 2009 , Dr. Hwang published another book on the academic outcome of practical exploration. For many years , we have heard Dr. Hwang's "classroom wisdom" : "Do not get angry. Get even through accomplishments , "and "Do not judge me for what I am now , but judge me for what I am yet to become." He has always used his concepts and stories to teach his students how to face loss and difficulties. His edification is the appropriate interpretation of "loss , " "confusion , " and "despair" to his students , for those who failed once will never forget the person who changed their fate. At present , an MBA degree is the most fashionable degree in China , with the highest status belonging to teachers who are both professors and doctoral tutors. In contrast , Dr. Hwang focuses his attention on those who failed in their undergraduate careers. Dr. Hwang holds a PhD from Harvard University , is a doctoral tutor at Huaqiao University , and is the president of an American university. He is also one of the "100 Outstanding Chinese" interviewed on CCTV. With such a successful career , it is hard to imagine how he can connect closely with those failed students. I was introduced to Dr. Hwang by the students who failed their college entrance examinations , and were thus treated as losers. The policy of reform and opening-up in China brought more opportunities to students in higher education. Dr. Hwang was the first to bring Oklahoma City University's MBA program into China , and in 1985 , his cooperation with Tianjin Business College began. The project is still ongoing at Tianjin University of Finance and Economics. In 1988 , with support from Mr. Chen Mingzhang , the former Minister of Health , Dr. Hwang and President Cui Yitai from Tianjin Medical University built the first "hospice research center" in China. Later , Dr. Hwang brought Keuka College Project to China and created BBA teaching. Since 2002 , Keuka College has been carrying out a joint program with Yunnan University of Finance and Economics , Tianjin University of Science and Technology , Jimei University , and Wenzhou University , which has gained approval from both the Chinese and American ministries of education. Students within the program can receive two bachelor degrees simultaneously. My school is located in remote southwest China where people had no understanding of joint programs and BBA's. Even if the program were to be approved by the government , it would not include the teaching plan and there would be few students involved. Therefore , those students that failed their college entrance exams are our target. Initially , Dr. Hwang did not understand China's educational system , but after facing a group of "bad students , " he began his program of "providing education for all people without discrimination." The previously unknown course Career Management : Experimental Learning was introduced to students in 1999. Now nearly 10 years have passed , and Dr. Hwang has continued to keep in touch with both teachers and students , and continues to hold communication seminars. In February 2007 , Higher Education Press published his book Career Management for college students , and in June 2008 , published Experiential Career for secondary vocational students. I am very pleased that this book , the revised edition of Career Management , is going to be published , and has been listed in the National General Administration of Press and Publication's 11th Five-Year Plan Book Publication. What direction does this book take ?

According to Dr. Hwang , it is a course about self-choice , and finding personal interest and pleasure ; it is a course on learning while doing , learning while playing , and learning from one's mistakes ; it is a course that encourages whole-hearted study as if every day is one's last day on earth ; it is a course about living life to its fullest extent ; it is a course about doing what you want and gaining pleasure from it. It is so incredible that I once thought it was too good to be true.

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内容概要

This book is the revised edition of the original book Career Management--Theory and Practice that was first presented to readers in China in March 2007. There are many people who guided and encouraged me to write the book. I would especially like to thank Professor Hou Zhijin, Professor Zheng Xinrong and Associate Professor Liu Hongyun from Beijing Normal University. Despite their busy schedules, they read the manuscript and provided earnest and helpful suggestions.

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现任

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In fact , Chinese people always suggest having few desires and be clean in mind , emphasize developing character and morality , lay claim to optimism and being content , keep stable emotion and self-control , attach importance to interpersonal relationships and knowing others by knowing yourself , etc. 3.3.3.4 Proper exercises

Hippocrates , the father of medicine , said , "Sunshine , air , water and exercises are sources of life and health". He compared exercise with sun , air and water——those necessary elements for life to explain the importance of exercise. There are many kinds of exercises , and some experts add that proper exercises are important , such as walking , which is good for blood pressure and weight. In addition , for seniors , Taiji is helpful to improve nerve system and balance function , that is firm but gentle , and combines yin and yang.

Reasonable meals , no-smoking & alcohol-control , psychological balance and proper exercises are four essences of healthy life. All the essences exist "moderation" , which agrees on the Chinese saying of "Balance of Yin and Yang" and "Mutual Generation and Restriction". Reasonable meals emphasize the balance between nutrition ; non-smoking and alcohol-control require to balance between health and harm ; psychological balance focused on people's mental health ; and proper exercises attach importance to the balance between amount of exercises and individual physical and mental conditions.

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编辑推荐

Everyone has your own road to go The point is how you are going to walk on it. The road may be wide , the road may be narrow. There is an ascent and there is a downhill ; There is breaking through brambles and thons , even there lis no way OUt. However , as long as you settle down , make a good decision for your career and be yourself !
Then you are in control of your road.

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