

**FOLLOW
A SMART
PATH
TO:**

**DISCOVER
YOUR MANY
DIFFERENT
SMARTS**

**UNDERSTAND
THAT YOU
CAN BUILD
YOUR SMARTS**

**LEARN WAYS
TO MAKE
YOUR SMARTS
WORK FOR
YOU**

Smart Options Plus

INTELLIGENT CAREER EXPLORATION

Making a living is a more challenging process than ever.

Jobs and occupations change at a dizzying rate. As some jobs disappear, new ones appear and careers take on complex paths.

People have to reinvent themselves to adapt to labor market realities.

Smart Options Plus is designed for people coping with this continually evolving work environment.

**“You’re
smarter than
you think
you are.”**



**Smart Options Plus
is a
career
development
program
based on the
theory of multiple
intelligences**



“You’re smarter than you think you are.”

Everyone has a mixture of different talents, different abilities, different skills. An eminent psychologist, Howard Gardner, saw these capacities as different types of intelligence. Another psychologist, Thomas Armstrong, popularized Gardner’s ideas by calling these many intelligences *smarts*.

Your smarts

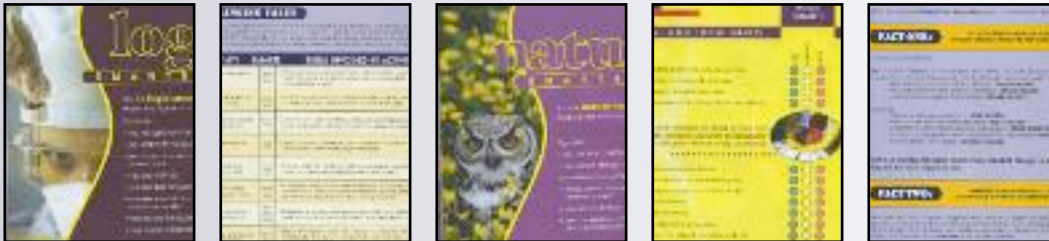
Human cultures and civilizations have recognized and cherished *smarts* in terms of music, mathematics, dance, sculpture, athletics, science, poetry, engineering, architecture, teaching, religion, leadership, and other expressions of human endeavor. Smart Options Plus, following the lead set by Gardner and Armstrong, helps people explore their Body, Image, Logic, Music, Nature, People, Self and Word Smarts and shows how one’s smarts can help navigate through the work world.

The Program

Smart Options Plus consists of a Smart Book that takes participants through Six Steps of a Smart Path:

- **Step One:** Your Smarts: Descriptions and checklists for each Smart
- **Step Two:** Thinking Smart: How the Smarts are involved in various jobs and occupations
- **Step Three:** Working Your Smarts: Matching your Smarts to various jobs and occupations
- **Step Four:** Building Your Smarts: Ways to strengthen Smarts
- **Step Five:** Smart Resumes: Guidelines for creating effective resumes
- **Step Six:** Smart Interviews: Tips for making the most of job interviews

The Smart Book is designed for individuals to work through the Smart Path on their own. A Facilitator’s Guide offers teachers/facilitators/instructors working in a group setting additional optional exercises that consolidate Smart Options Plus content.



Smart Options and Smart Options Plus

are career development programs based on the theory of multiple intelligences.

Smart Options is designed for young people and works best in a class environment.

Smart Options Plus is designed for older teens and adults and includes resumes and interviews tips—the program can be self-directed or used in a group environment.

“Understanding that I had many kinds of smarts opened up new ways to make a living.”

“Following the Smart Path led me to some unexpected career possibilities.”

“The Smart Path process worked for me.”

“Although people can work through The Smart Book on their own, facilitators and teachers can add optional group activities described in the Facilitator’s Guide.”

Smart Options Plus

INTELLIGENT CAREER EXPLORATION

Ordering information

United States: National Life/Work Center
1410 King Street, Alexandria, VA 22314

Canada: National Life/Work Centre
488 Centrale, Memramcook NB E4K 3S6

Tel: 1-888-533-5683 / Fax: 1-877-929-3343

Email: info@lifework.ca

Online order form at www.lifework.ca



Created by Baran & Baran
Dan Baran, PhD • Phillippa Cranston-Baran, MA

Smart Options Plus
Copyright © Baran & Baran 2008