



NEWS RELEASE

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FOR IMMEDIATE RELEASE:

OPTIONS CAREER & LIFE PLANNING LAUNCHES COLLEGE MAJOR DVD New Program Takes the Guesswork Out of Choosing a College Major

NEW BOSTON, NH. (January 22, 2009) – OPTIONS Career & Life Planning announced today the introduction of its new DVD ‘*In Search of a College Major & Career Direction*’. A unique interactive DVD program to support teens and young adults, the program is designed to take the mystery out of choosing a college major and career exploration. Created by Susan Posluszny, a 24-year veteran in the field of career counseling and former college career center director, the DVD is available for purchase through the company’s website www.careeroptions4me.com. “The DVD was designed specifically for students as a tool to gain insight and answers to the most common and critical questions involved in selecting and pursuing college major and career direction”, states Posluszny. “By following the outlined steps in the DVD, students will save themselves and their parents’ time, money and confusion during what can be a very stressful process,” Susan adds.

Reasonably priced at \$45.95, ‘In Search of a College Major & Career Direction’ consists of two discs and includes helpful student and parent user guides which provide highlights and activities to support the DVD program. “Susan’s animated style, creativity, and passion for her work and for her audience are evident in each frame of this DVD. She presents each student viewer with strategic steps that build a bridge from confusion and uncertainty to decisions made with confidence. She shares a process that results in a life long gift,” quotes Martha M. Russell, past president of the National Career Development Association.

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To watch sample video clips from the DVD or to view sample student and parent user guides, visit www.careeroptions4me.com/products.htm. '*In Search of a College Major & Career Direction*' is licensed for in-home use only. Schools and other organizations that are interested in site licensing can contact Susan Posluszny at (603) 487-2952 or via e-mail at susan@careeroptions4me.com.

About OPTIONS

OPTIONS for Career & Life Planning specializes in the guidance and support of students and adults in transition with college major and career direction choices. Based in New Boston, NH, OPTIONS provides the tools and support you need to identify and reach your goals. Services include career counseling and coaching, exploration of career goals and interests, and implementation of action plans including self promotion strategies. OPTIONS was founded by Susan B. Posluszny, a Master Career Counselor with over 24 years of experience in the field of career counseling. For more information, sign up for a free monthly e-newsletter or to purchase a copy of '*In Search of College Major & Career Direction*', visit www.careeroptions4me.com.

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