CAREER ADVANCEMENT

Read the sections in Chapter 13 titled “Taking Control of Yourself (pp. 380-389)” and “Exerting Control Over the External World (pp. 389-399).” Use the information to answer the following questions:

• Pick one method from each of these sections that you think would work the best for advancing in your career (or chosen career).
• Explain why you think each of these methods would work best for your situation.