

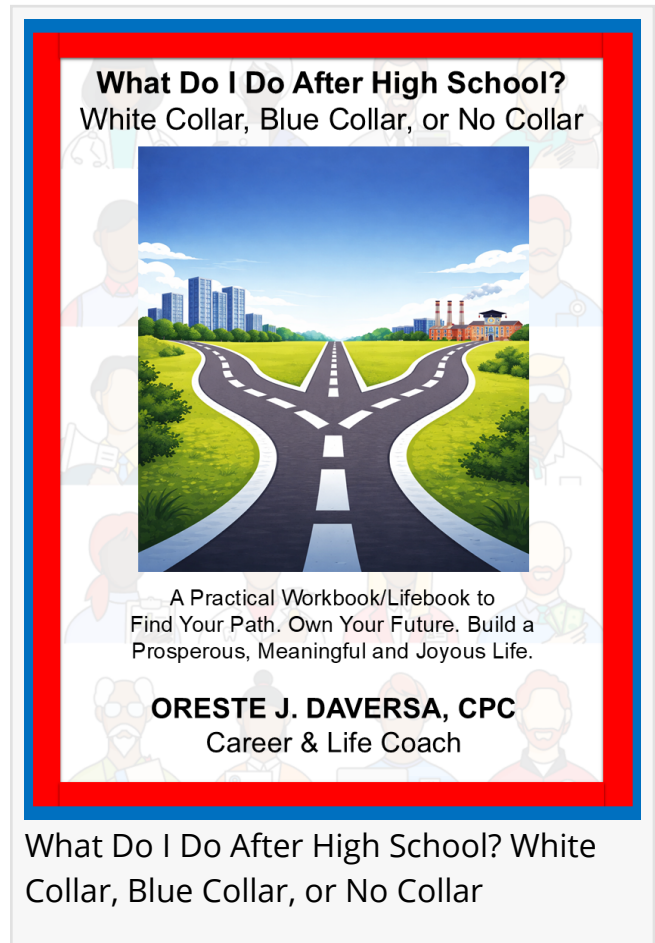
New Workbook Helps High School Students Navigate Career and Life Decisions

New workbook gives high school students and parents a bias-free framework for choosing White Collar, Blue Collar or No Collar paths after graduation.

COATESVILLE, PA, UNITED STATES, August 11, 2026 /EINPresswire.com/ -- Every year, nearly 4 million students graduate high school and face the most important decision of their young lives - without a map, without a framework, and without anyone who has given them the honest, complete tools to answer it well. Certified Professional Coach (CPC), Career and Life Coach, and author Oreste J. D'Aversa (O-rest-ee DA-versa), announces the release of What Do I Do [After High School?](#) White Collar, Blue Collar, or No Collar - a practical workbook and lifebook designed to give every student ages 16 to 24 the career and life direction framework the school system never provided.

For decades, the conversation about life after high school has been incomplete. Young people are handed college brochures before they understand who they are, what they value, or what kind of life they actually want to build. Students drawn to the [skilled trades](#), entrepreneurship, or non-traditional paths are too often made to feel they have chosen something lesser. They have not. They never did. This book exists to correct that.

At the center of the book is The Three-Collar Framework - a practical, bias-free way of understanding every career path available after high school. White Collar covers the professional and corporate world. Blue Collar covers the skilled trades and hands-on professions - careers in high demand, with strong earning potential and no four-year debt burden. No Collar covers the entrepreneurial and independent world - freelancers, founders, and solopreneurs who build income on their own terms. None of these paths is better than the others. Each one can produce a prosperous, meaningful, and joyous life. Determining the right path depends on an individual's strengths, values, and goals. With Artificial Intelligence (AI) reshaping every career path before today's students even enter the workforce, the book devotes a full chapter to what AI means for the next generation's future - not as a footnote, but as required reading.





This book is not about which collar to choose. It is about knowing yourself well enough to choose wisely."

Oreste J. D'Aversa, CPC, Author of What Do I Do After High School?

"Having spent more than 20 years sitting across the table from young people at exactly this crossroads," said D'Aversa. "And have watched brilliant, talented young adults freeze in the headlights of this decision - not because they were incapable, but because nobody ever gave them the right tools or the right questions. This book is the most complete answer I have ever put together. It is not about which collar to choose. It is about knowing yourself well enough to choose wisely."

Spanning 30 chapters across 3 sections, the book takes readers through a complete journey of self-discovery, career exploration, and real-world skill building. 90 exercises - written in the reader's own voice - build a personalized career and life roadmap chapter by chapter. The book addresses stress and emotional resilience, values and gifts, passion and purpose, financial literacy, technology, artificial intelligence, resume writing, interviewing, business networking, and life planning. It was written equally for students, parents, grandparents, school counselors, and educators. What Do I Do After High School? is distributed through Amazon and Ingram Content Group and will be available at major retailers nationwide. Pricing: \$25.00 paperback.

About the Author: Oreste J. D'Aversa, CPC is a Certified Professional Coach, Career and Life Coach, and the author of over 12 books available on Amazon.com. With more than 20 years of experience coaching young adults, entrepreneurs, and career changers throughout the Greater Philadelphia area and beyond, he brings a rare combination of practical expertise, real-world business knowledge, and genuine compassion to every client engagement. He served as Adjunct Faculty at the Fashion Institute of Technology (FIT/CUNY) in New York City and is an Inter-Faith Minister ordained by The New Seminary. He is the owner of Greater Philadelphia Small Business Services LLC and CollegeMajorCoaching.com, based in Coatesville, Chester County, Pennsylvania. He appears on Podcasts, Radio, and Television.

Additional information and a sample chapter are available at www.WhatDoIDoAfterHighSchool.com

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