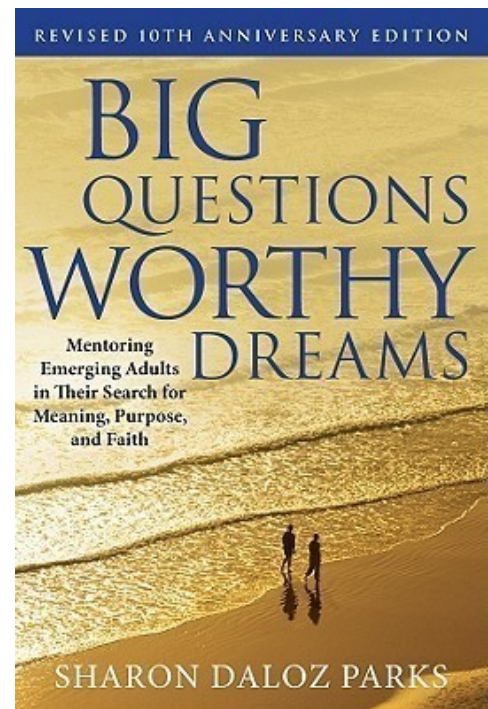


Book Review: *Big Questions, Worthy Dreams* by Sharon Daloz Parks

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Sharon Daloz Parks, the author of *Big Questions Worthy Dreams: Mentoring Young Adults in Their Search for Meaning, Purpose, and Faith* (2000), highlights the importance of mentors in the lives of young adults and how mentoring can help young adults believe in their dreams and pursue challenges in life. The book is written for the faculties and administrative staff working in higher and professional education, parents, community members, and supervisors in workplace settings. It is also an important read for those who are willing to understand the emerging challenges in the lives of young adults. The book addresses the issues that are being faced by young adults, violent events, social media, racial and religious identities, and cultural shifts that are affecting today's young adults and making them independent-thinking adults. A chapter on 'Imagination' is particularly inspiring.



This book highlights the importance of mentoring teens and how mentors can assist them in multiple ways so that teens feel comfortable with their vulnerability. The author challenges educators to practice mentorship and understand societal patterns that affect young adult lives” (p. xi). The author suggests that colleges and high school communities should start mentoring young adults as they ask ‘big questions’ and wish to pursue ‘worthy dreams.’ The author also suggests building an environment where students can ask questions that are big enough to challenge their own beliefs and explore individuality to pursue their dreams. After reviewing this book, Bowman and Wessel (2002) stated, “this type of questioning encourages critical thought, imagination, and movement toward personal ownership of the process of

discovery and commitment” (p. 421). These reviewers also believe that this book can help mentors in helping teens spark their imagination and pursue their dreams in life.

As the author states that the task of young adults is "to discover and compose a faith that can orient the soul to truth, and shape a fitting relationship between self and other, self and world..." (p. 206), this book is a great tool to analyze how this can be implemented in reality by building mentoring relationships with young adults and be a part of their search for meaning, purpose, and faith.

References

Bowman, J., & Wessel, R. (2002). Big Questions, Worthy Dreams: Mentoring Young Adults in Their Search for Meaning, Purpose, and Faith. *Journal of College Student Development*, 43(3), 420.

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