

Career Exploration Meets Vocational Reflection in Interim Award

The CVR and the Career Center jointly awarded the Nancy Pautz Memorial Career Exploration Award to eight deserving students to support their career exploration experiences during Interim. These students chose to spend their Interims exploring vocation and possible future career paths. The primary goal of the program is to help students to reflect on issues of vocation, lives of service, and how a person's career can reflect one's larger sense of self, purpose, and contribution to society. Below, one recipient recounts her career exploration experience:

Katie Nelson '09, Clara's House in St. Cloud, Minnesota

When given instructions to create two friends, "T," a young patient at Clara's House, began to carefully sculpt a tree and an apple. Surprisingly however, the apple measured just as big as the tree, and it was when he shared a story about these friends that we clearly understood why. "T" shared how the tree and apple grew up together, until one day the apple was picked from the tree and carried away, leaving the tree very sad and lonely. This story is in direct correlation to his real, life experiences with his best friend—his twin. "T" is six inches shorter and thirty pounds lighter than his twin sister, and unlike "T," she is a normal-functioning child who has continued with life, unfortunately leaving "T" behind, sad and lonely.

Art as a form of therapy was instigated by Margaret Naumbury around 1947. While working as an art teacher she recognized the powerful ability art had in letting unconscious and nonverbal thoughts develop into artistic expression. As a result of her findings art therapy emerged as its own discipline in 1960. Therapists today see art as a vehicle for positive human change. Drawing, painting, sculpting, and other forms of artwork are used in the diagnosis, treatment, rehabilitation, and education of patients, and it has been through this career exploration that I have seen artwork in such ways.

I have had the opportunity to observe the power of artistic expression. It has been through art that I have learned about patients' pasts, their present, and their hopes for the future. Art has shown me a back-door entrance into the life experiences that patients are unwilling to express verbally. Over the course of this internship I have seen art used at a variety of age levels as well as for a variety of reasons. Young children have used art to help cope with their anger just as it has aided high school drug addicts through treatment. Most importantly, however, this career exploration has shown me that I have much more to learn about art and its use in therapy. Thus, this experience has created within me a drive to learn.

I have written down every piece of information I have gained so that it can help me along my educational journey. I look forward to furthering my education and taking advantage of what I have gained through this experience so that I might be able to help others through the use of art therapy. This career exploration has certainly confirmed my sense of call to this field of therapy. I have been reassured each day that this career brings together my interests as well as my gifts and talents. I am looking forward to my future in this profession and the service I can provide.

You Only Got 4 Years. . . continued from front page

to assist you in stopping to actually think about what in the name of Jim Peterson you're doing here (no disrespect, Jim). When we get caught up in activities and classes, sometimes we forget to sit and think why we're involved in those particular things. No doubt college should be fun, but should they really be the "best years of your life?" Should getting a job out of college really turn into the attitude of "well, the fun is over, time to go out into the real world?" What interests you? Why? How does that intersect with your values? So, you may "only got 100 years to live", but while you are here, you "only got 4 years to be a Gustie." "Do, do, do, do. Do-do-do-do-do. Do, do, do, do, do-do-do-do-do do . . . there's still time for you . . ."

Unicycle World Record Holder to Visit Gustavus

Tessa Carlsen '07



We are very excited that Lars Clausen is coming to Gustavus on Monday and Tuesday, March 12–13. Lars will be at Gustavus to discuss his book *Straight into Gay America: My Unicycle Journey for Equal Rights*. This book is a straight activist's "coming out" story combining

personal exploration, active advocacy, and great storytelling. Lars visited Gustavus a few years ago and spoke with several audiences about his first book, *One Wheel, Many Spokes*.

Lars Clausen is an ordained pastor in the Evangelical Lutheran Church of America, and holds the Guinness World Record for the longest unicycle tour (9,136 miles). Clausen received his master of divinity degree from Pacific Lutheran Theological Seminary in Berkeley, California. He holds degrees in mechanical engineering from UC Berkeley and from Northwestern University in Evanston, Ill. He also studied for two years at the U.S. Air Force Academy. Along with his own writing, he currently works with American Author to help authors promote their work online.



Lars Clausen

Clausen's visit will include class visits, luncheon conversations, a homily in chapel on Monday, and one major public address focusing on his book *Straight into Gay America* on Monday, March 12, at 7 p.m. in the Heritage Room. All are welcome!

Interested in being a CVR Intern next year?

Come to the Intern Meet & Greet!

Get your questions answered and find out about an Intern's life in the CVR Thursday, April 12 from 6:00 to 7:00 p.m. (in the CVR, of course!)

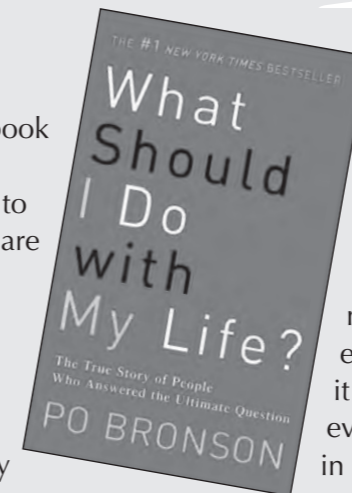
Calling all SENIORS

Please join us on Tuesday, April 24, 2007, at 6 p.m. in the Three Crowns Room for the "I Can't Believe It Went So Fast" celebration dinner. It will be a time to both reflect on your past four years at Gustavus and look ahead to your entrance into the real world. Sign up with your friends! Dinner is free! Look for the invitations in your POs, and be sure to sign up promptly. This dinner always fills up right away!

"What Should I Do with My Life?"

Book Review by Tessa Carlsen '07

Have you ever found yourself asking that same question? I know I think about it every day. *What Should I Do with My Life?* by Po Bronson is a book that every college student should read. The author spent several years collecting the true stories of about 900 people who were also struggling to figure out what to do with their lives. Some stories are successes, others are failures. All are inspiring. One story follows a woman who realizes her calling is to be the best mother she can be to her children. Another woman gives up her life as a high-fashion supermodel to become a recruiter for Restoration Hardware. One man decides that his life as a marine biologist isn't fulfilling enough, so he goes back to school and becomes a dentist. All of these people took the time to stop and carefully



Creating Career Paths To Make a Difference

Carlie Mauss '08



When you die, do you want to leave behind your wealth, or do you want to leave behind a legacy? What do you want people to remember you for? Do you want to make a difference?

"Working for Change" is a one-day conference designed to help you make that choice. It is about exploring callings and careers with a focus on social justice, social change, and the greater good, and learning about what it takes to work for change while getting paid. Participants will get a chance to network with people who have similar interests and passions. There will be a diverse style of presentations, including individual speakers, interactive workshops, and stimulating panel discussions. Plus, it is FREE!

Two keynote speakers will begin and end the day. Dr. Karen Bosart-Rusthoven, a 1966 Gustavus graduate, has spent her entire professional career as a teacher and administrator working in schools that serve minority and economically deprived student populations. She will share the journey that led her from public to parochial and finally to charter schools and brought her to a profound new vision for our public schools: a vision of success for all, not just for some.

The closing speaker, Tené Wells, began her tenure as WomenVenture's president in August 1999. Prior to joining WomenVenture, she served as executive director of the City of Minneapolis' Youth Coordinating Board and of the Minneapolis Way to Grow services. Wells's corporate experience includes Honeywell and Medtronic. Tené is the Small Business Advocate award winner, one of *Venture* magazine's "Women to Watch," *MN Business* magazine's "Power Player," *Mpls.St.Paul* magazine's "Top 100 People to Watch," and "Top 25 Most Innovative Women" mention in *The Business Journal*.

Other scheduled presenters you may recognize include recent graduates Matt Swenson and Hannah Julien, Professor Richard Leitch, Ruth Johnson, and Kathy Saltzman.

Don't forget to bring your spare nickels and dimes along! During the Working For Change Conference, you'll have an opportunity to serve others and make change actually happen! Help us fill up containers of spare change for Kids Against Hunger. For more information about this organization, visit www.feedingchildren.org/.

The Working for Change Conference is on Saturday, March 17, 2007. Check-in begins at 10:30 a.m. in the Heritage Room. The conference will end at approximately 5 p.m., giving you plenty of time for dinner before Ingram Hill performs at 7 p.m. in Alumni Hall.

Stop by the Center for Vocational Reflection to sign up if you are interested or to get more information. Don't forget to check out the webpage: www.gustavus.edu/workingforchange

contemplate where their true passions lie. This is what we all need to be doing, especially as college students. Many of the people in this book didn't realize they weren't truly happy and fulfilled until they were 50 years old! Do you want that to happen to you? *What Should I Do with My Life?* reminds us that we are not alone in our struggle to figure out what to do with our lives. We should all take the time to reflect on what makes us feel our most alive, our happiest, and our most fulfilled. Once we figure that out (no easy task), it is important to find a place for that passion in our lives—whether it is through our careers, our free time, through volunteering, etc. I encourage everyone to read this book. It is a quick, easy read and it will get you thinking in depth about your life and your calling.

CVR Words of Praise

Laura Pierce, '07



The Center for Vocational Reflection has been an integral part of my Gustavus experience since my freshmen year, when I enrolled in a J-Term class called "Changing the World." I think a more appropriate title for that class would have been "Changing Perspectives," because it was really my first glance at what would soon come to shape my next 3 ? years at Gustavus. Through mentorship with Chris and the CVR, I was encouraged to ask questions of myself that I never knew were possible, and encountered answers that I did not know I was capable of. I was challenged to look at the world in new ways—to entertain ideas of simplicity and solidarity and seriously consider, for the first time, what the impact of my presence might be in the world. I learned how to listen deeply—to ask questions of myself and of others, and to never be afraid to ask what is really lying underneath.

The CVR continues to be a presence in my life—its couch is always a safe place to talk and struggle and laugh, to relax and just *be* for a little while. I have discovered new favorite authors on their bookshelves and received an innumerable amount of resources. The countless workshops, speakers, and healthy spaces that they have created on this campus have enriched my college experience, helping me to practice mindfulness and find balance. In February of 2006, the CVR was primarily responsible for sending three other Gusties and me to the World Council of Churches' ninth assembly in Porto Alegre, Brasil, where we participated in plenaries, workshops, conversations, and panel discussions on ecumenical and international development issues. The theme of the conference was "God, in Your Grace, Transform the World," and topics ranged from poverty and economic injustice, globalization, gender stereotypes and HIV/AIDS to human rights, sustainable development, wider ecumenism, and religious plurality. One speaker we listened to had some encouraging words of wisdom: "Find your vision and hold on to it tightly, but let it be *your* vision."

The most valuable thing I have learned during my time at Gustavus Adolphus College is that I am free to seek out my calling, to plug into it, and then go where it takes me. I did not always know this, but since I have found it, my life has been filled with meaning and struggle and passion in a way that I never knew was possible. If only in that one way, I hope to change just a little bit of the world. As I begin to seek out opportunities for my future, the CVR continues to be a guiding resource of support and discernment. For all of this and more, thank you, CVR.

Spring Calendar of Events

March

- 7-8 Beth Lewis Campus Visit
- 10 "Building Bridges" Conference
- 12-13 Lars Clausen Guest Speaker
- 14 Servant Leadership Program Workshop
- 15 "Gustavus as a Mentoring Community" summer workshop applications due

17 Working for Change Conference

- 26 Tammy Devine Campus Visit
RSVP for meals to apehrson@gac.edu

April

- 12 CVR Prospective Intern Meet & Greet, 6-7 pm
- 16 SLP 2007-08 Applications Due
- 18 New Faculty Mentoring
- 21 Servant Leadership Program Wrap-up Retreat
- 24 "I Can't Believe It Went So Fast" Dinner for seniors
RSVP to apehrson@gac.edu
- 28-29 Sophomore Retreat

May

- 6 SLP 2007-08 Kick-off Event

June

- 11-13 "Gustavus as a Mentoring Community" workshop

"Gustavus as a Mentoring Community"

Staff/Faculty Vocation Workshop, Summer 2007

The Center for Vocational Reflection is pleased to announce that this summer's biennial workshop will revisit the very successful theme and format of the 2005 workshop: "Mentoring and Advising for Vocation: Gustavus as a Mentoring Community." Renowned educator and scholar **Dr. Sharon Parks**, author of *Big Questions, Worthy Dreams: Mentoring Young Adults in Their Search for Meaning, Purpose, and Faith* and co-author of *Common Fire: Leading Lives of Commitment in a Complex World*, will return as our special guest facilitator for the workshop, **Monday, June 11,–Wednesday, June 13, 2007**. In addition to providing time, space, and resources for participants to consider their own sense of vocation, the workshop will focus on how we can better challenge, guide, and support students in their ongoing life-journeys.

In order to help foster conversation among a wide range of Gustavus employees whose work with students includes a significant mentoring and advising component, and to help reinvigorate the ongoing campus conversation on "Gustavus as a mentoring community," all faculty, staff, administrators, and coaches are welcome to apply. A maximum of 40 applicants will be selected to participate.

Participation includes workshop sessions, books and resources, meals, and refreshments. Participants will also receive special invitations to additional small-group and community-wide development opportunities throughout the following school year (including, for example, shared readings, dinner discussions, workshops, guest speakers, and retreats).

Completed applications are due to the Center for Vocational Reflection by Thursday, March 15. A faculty/staff planning committee will select this year's participants, who will be notified of their acceptance by Friday, March 30.

Please contact Chris Johnson (phone x7159, or e-mail cjohnso5) or Amy Pehrson (phone x7169 or e-mail apehrson) in the CVR with questions.

Find us in the Johnson Student Union—at the top of the stairs, between the Career Center and Linner Lounge. We're here to provide the information and support your need to live out your passions and help others do the same. The CVR newsletter, *Center Point*, appears twice a year. This edition was compiled by CVR intern Carlie Mauss.

For more detailed information on programs and events, check out the CVR webpage at: gustavus.edu/oncampus/vocation.

GUSTAVUS ADOLPHUS COLLEGE Center for Vocational Reflection



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You Only Got 4 Years...

Michael J. Sielaff, '08



That's right, four years. That's it. Unless of course you dillydally, change your major for the 10th time, or steal an underclassman's identity. For argument's sake, though, you have only four years to be a Gustie (sounds like a Five for Fighting song...)—so why put off thinking about what you're going to do with the majority of your life? I know this may sound overwhelming, but I'm not talking about planning out the rest of your life up until entry into the old-folks home. I'm just saying that ignoring what you want to do after college isn't going to stop that dreaded time from arriving all too quickly. In fact, isn't that why people go to college—to figure out what to do with a college degree that only about 16 percent of this nation is blessed enough to have? I'll tell you one thing: I ain't paying all this money to go to college just so I can stall a couple more years before I venture out into the "real world." I want to find out what I'm good at. I want find out what I enjoy doing. I want to make a difference. I want to find out what the best possible way is that I can serve the world. Does this sound idealistic? Maybe, but hey, I'm in college—the sky's the limit, baby.

Interesting fact: less than one percent of the world has a college degree (you might want to check with Chris Johnson about that stat, since I heard it from him). If we're so privileged, why wouldn't we stop a moment to think about where we're headed rather than taking our college experience for granted? So, just like a finely tuned advertisement, that's were the CVR comes in. But seriously, that's why they are here:

Inside this issue

Sort through the voices that tell you who to be.

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