What does Gustavus stand for?

EXCELLENCE

Individuals come to college for a variety of reasons and with a range of values. Every path through Gustavus is a unique one. But what do we share while we are here? How do we navigate our way through this place, and through life, for that matter, while at the same time working toward a common good?

Values are the expressions of our deepest concerns. Colleges have values as well. What follows are some of the values held by Gustavus. How do your current values align?

EXCELLENCE

In the words of Eric Norelius, founder of the College, “Whatever we do, let us do it well.” Given our other values, it should be clear that our commitment to excellence is neither a code word for elitism nor a rejection of the best of the College’s heritage.

COMMUNITY

Gustavus has always been marked by a pervasive sense of concern for all members of the community. Civility, mutual respect, freedom to express a broad range of ideas, and peaceful resolution of conflicts are of fundamental value here.

JUSTICE

The College strives to be a just community in all of its actions and to educate students for morally responsible lives. “Education for the common good” describes what we strive for, and integrity is one of our defining characteristics.

SERVICE & LEADERSHIP

We embrace the notion that true leadership expresses itself in service to others, and affirm the classical ideal of a liberating education, one that frees one to serve humanity to the best of one’s ability.

FAITH & MEANING

Faith enriches and completes learning, is the bedrock of community, ethics, and service, and compels one to excellence in a divinely ordered world. We encourage an honest exploration of faith without expecting conformity to a specific religious tradition.
How do I develop these core values?

The core values are focal points from which you learn about yourself in relation to the world around you. For example, academics can help you express excellence and meaning in your life. The extracurricular activities you participate in will help you to become more aware of your sense of community, faith, justice and service. While these seem to be very lofty concepts, what you learn about yourself through these activities will help you identify your gifts and talents. Naming your gifts and talents is essential in guiding you to a career and life path.

Derived from your gifts and talents are the 12 Essential Competencies that employers look for in college graduates. They are:

- Working in a diverse environment
- Acquiring knowledge
- Communicating effectively
- Managing time and priorities
- Thinking critically
- Solving problems
- Contributing to a team
- Performing with integrity
- Balancing work and life
- Navigating across boundaries
- Developing professional competencies
- Embracing change

From Phil Gardner, Director, Collegiate Employment Research Institute, Michigan State University

How you develop these competencies comes from not only participation in academics, extracurricular and community activities, but more essentially, the time you take to reflect on what your participation meant to you.

This workbook is intended to serve as a guide as you make your way. Your time here will pass quickly. Take advantage of these ideas and college resources to help you develop your direction and sense of purpose. There are many people here who want to help you find your way! Take advantage of their knowledge and wisdom.

Have an inspiring journey!
EXPLORE (First & Second Years)

How do I do this?

- **Discover your interests**
  - Take the Strong Interest Inventory (SII)
  - Access information related to a variety of careers*
  - Talk with a career counselor

- **Identify personal skills and values**
  - Explore “Lifekeys” and other resources

- **Research possible careers**
  - www.iseek.org
  - www.bls.gov/oco/
  - www.online.onetcenter.org/
  - www.explorehealthcareers.org/

- **Take introductory courses**
  - Find out about various majors
  - Use the “What If” option on webadvisor
  - Pre-requisite courses for health careers – see Health Profession Advising Guide on CC website

- **Discuss courses with:**
  - The Advising Center
  - Your FTS Advisor
  - A professor in a department of interest
  - Other students

- **Browse the textbook section of the bookstore**
  - What books do you find appealing?

- **Attend campus events and programs**
  - Recognize what appeals to you
  - Do things you’ve never done before

- **Visit the campus offices**
  - Get involved with their programs
  - Engage in any volunteer activities on and off campus, examples:
    - Community Service Center
    - Diversity Center
    - Womyn’s Awareness Center

- **Ask yourself the “Big Questions”**
  - Attend a retreat
  - Check out the CVR library

- **Assess your academic skills**
  - Advisor
  - Professors of favorite courses

Where do I do this?

- Career Center (CC)
- CC, Library (LIB)
- Center for Vocational Reflection (CVR)
- The “Web”
- Gustavus Catalog
- Website
- CC
- Advising Center (ADV)
- FTS Section
- Student Activities Office (SAO)
- Office of the Chaplains (OC)
- CSC
- DC
- WAC
- CVR, OC
- ADV

* Items with this symbol □ are health career profession specific suggestions
ASSESS (Sophomore Year)

**How do I do this?**

- **Review your skills and résumé**
  - Begin identifying your personal strengths and attributes
- **Determine which career field fits**
  - Do a Interim Career Exploration
  - Talk with a Career Mentor
  - Take an Interest Inventory
- **Get involved**
  - National Civic Engagement Month (February / March)
  - Volunteer and leadership opportunities
- **Consider major options**
  - Discuss with your advisor
  - Review with the Advising Center staff
  - Continue to take coursework for general college requirements and pre-requisites for health career if applicable
- **Attend**
  - Big Questions Retreat (January and Spring)
  - Calling of the Professions Events
  - Employer Information Day (September)
  - Student Organization Fair (September)
  - Employer Information Day (October)
  - Chill Out & Wellness Fair (November)
  - Mindfulness Meditation Series (Spring)
  - Majors & Advising Fair (Spring)
  - Sabbath Retreat (Spring)
  - CVR Vocation Conference (Spring)
- **Consider related experiences**
  - Summer Servant-Leadership Program
  - Summer Job Listings
  - Internships
  - Research
  - Church Leadership Program
  - Investigate clinical or research activities in medically related field for academic year or summer
  - Study abroad—interim, semester, or year-long
- **Connect majors to careers**
  - What can I do with a major in ... ?
  - Begin identification of personal strengths and gifts.
  - Meet the prehealth advisor to check progress on coursework
  - Familiarize yourself on health professional school application process and resources; www.gustavus.edu/careercenter/health/

**Where do I do this?**

- Quick Questions / CC (2–3:30 p.m. M–F)
- CC
- CVR / CSC
- CSC
- Faculty (FAC)
- ADV
- ADV
- CVR
- CVR, CC, Academic Depts.
- CC
- SAO
- CC
- Counseling Center (COU)
- CVR & COU
- CC, ADV, CVR
- CVR, OC
- CVR
- CVR
- CC
- FAC
- OC, CVR
- CC
- International Education (Int'l Ed)
- Career Library (CC)
- ADV
- CC, Web
FOCUS (Sophomore & Junior Years)

How do I do this? Where do I do this?

☐ Focus on department/major choices ADV / FAC

☐ Consider several career fields
  ■ Do career research CC
  ■ Reflect on your experiences CVR, CC

☐ Select a Faculty Major Advisor FAC

☐ Identify other courses/areas that support your direction
  ■ Make connections across disciplines FAC
  ■ How does is all fit together? ADV
  ■ Be open to new discoveries CC

☐ Review major requirements
  ■ Review your Degree Audit with advisor ADV, Acad Depts.

☐ Discover what alums have done with various majors
  ■ G-Net, mentoring programs CC

☐ Participate
  ■ “I Can’t Believe It’s Going So Fast” Panel Discussions CVR
  ■ Servant Leadership program CVR
  ■ Career Explorations, Internships CC
  ■ Serve on a service advisory group CSC

☐ Bridge:
  ■ Theory — Practice
  ■ Faith — Learning
  ■ College — Community
  ■ Action — Reflection

☐ Identify application schedules
  ■ Identify schools – double check academic pre-requisites to ensure their completion by application deadline. CC-HP
  ■ Identify any special application instructions CC-HP
  ■ Identify dates for admission test registration – MCAT, OAT, DAT, PCAT, VAT, VCAT, GRE and preparation plan CC-HP

What is my place in the world?
CONFIRM (Junior & Senior Years)

How do I do this?

☐ Complete a related internship
  (Fall, Spring, Summer)

☐ Make professional contacts
  ■ Academic Departments
  ■ Mentor Program
  ■ Professional Organizations
  ■ Family and Friends

☐ Attend
  ■ Employer Information Day (September)
  ■ Government Job Fair (November)
  ■ Health Professions Fair (Spring)
  ■ Working for Change Fair (Spring)
  ■ Ecumenical Advocacy Days Conference (Spring)
  ■ ELCA Summer Camp Recruiting Fair (February)
  ■ Non-Profit Fair and Pathways to Careers (March)

☐ Take upper level courses in your major

☐ Explore new areas during Interim
  ■ Study Abroad
  ■ Career Exploration and Reflection
  ■ On-Campus Course
  ■ Off-Campus Course
  ■ Volunteer!

☐ Prepare for interviews
  ■ Practice and Mock Interview programs

☐ Complete your application for graduation
  (Spring, Junior Year)

☐ Investigate post-college options
  ■ Graduate Study / Professional School
  ■ Employment
  ■ Travel
  ■ Volunteer Service

☐ Prepare for graduate exams

☐ Take service learning courses

☐ Assume leadership in organizations

☐ Documentation preparation
  ■ Identify recommendations writers from faculty, volunteer and
career shadowing contacts – develop résumé or list of academic
and other activities to give to recommendations writers
  ■ Begin essay development for application questions and
assistance with personal essay development

Where do I do this?

CC

FAC

CC

Professional and
Trade Associations/
Directories in CC

CC

FAC

Int’l Ed

Catalog

Interim Office (IO)

CSC

Registrar (REG)

Advisor

CC, FAC

Int’l Ed

CC, CVR, CSC, CO

CC, Advisor

CSC, Acad Depts.

SAO, DC

FAC, ADV

How can my life make a difference?
IMPLEMENT (Senior Year)

How do I do this?

☐ Complete major requirements
☐ Refine and finalize your résumé
☐ Attend:
  ▪ Employer Information Day
  ▪ Employer Presentations
  ▪ Graduate & Professional School Presentations
☐ Complete graduate/professional school applications and exams
☐ Complete practice/mock interviews
☐ Participate in job fairs/interviews
☐ Consult with the CVR
  ▪ Confirm how your career and life goals can weave together
☐ Develop other job search tools
  ▪ Interview, Portfolio, Cover Letter
  ▪ Networking
  ▪ G-Net
☐ Focus your job search
  ▪ Non-Profit / For Profit
  ▪ Job Area / Industry
  ▪ Interests, Values, Skills
☐ Research
  ▪ Employers and organizations
  ▪ Graduate / Professional Schools
  ▪ Service Options
    ▪ Peace Corps
    ▪ Lutheran Volunteer Corps
    ▪ Americorps/Vista
    ▪ JET
    ▪ ELCA programs
    ▪ Others
☐ Application and Interviews
  ▪ Complete any supplemental application materials as requested by schools
  ▪ July–April – begin interview process – schedule mock interviews with Health Professions Coordinator as needed – majority of interviews are August to March
  ▪ Refine alternate plan for career path

Where do I do this?

Acad Depts
CC
CC
CC
CC / Faculty Advisor
CC
CC
CVR
CC, Acad Depts
CC
CC, Web
CC, FAC
CSC, CC

In what ways is my life contributing to peace and justice?
Your legacy emerges from a life lived in a manner consistent with your calling. When you have given your gifts away in service to something you are passionate about in an environment that supports your values, you leave a legacy that is meaningful and that makes a positive difference over time.

BIG QUESTIONS:

What do I want my legacy to be at Gustavus?

What have I given to the world?

Have I lived a good life?

Example of an Experience Transcript

Name: Jane College  Grad Year: 2008

Community
- Collegiate Fellow
- Organized diversity programs on campus
- Inter-Greek Senate rep
- Voted in Student Senate elections
- CAB member

Justice
- Judicial Board Member
- Attended May Day Conference
- Women’s Studies courses
- Gustavus Greens member
- Organized Hunger/Homelessness Week

Faith & Meaning
- Retreat with the Center for Vocational Reflection
- Religion, philosophy and classics courses
- Attended Sacred Space
- Participated in Chapel programs

Service & Leadership
- Big Partner program
- Participated in Greek service programs
- Pound Pals Coordinator
- Spring Break Work Trip
- Service learning course, Sociology

Excellence
- GPA 3.8
- Graduated with honors
- Biology Honor Student
- Member, Phi Beta Kappa
- Dean’s List
- Independent Honor’s Thesis
Your Experience Transcript Worksheet

Name: ________________________________________  Grad Year ________

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