

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?

COMMUNITY

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.

JUSTICE

SERVICE & LEADERSHIP

FAITH & MEANING

INTELLECTUAL GROWTH

SELF AWARENESS

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?

Where do I do this?

- | | |
|---|--|
| <ul style="list-style-type: none"> <input type="checkbox"/> Discover your interests <ul style="list-style-type: none"> ■ Take the Strong Interest Inventory (SII) □ Access information related to a variety of careers* ■ Talk with a career counselor <input type="checkbox"/> Identify personal skills and values <ul style="list-style-type: none"> ■ Explore “Lifekeys” and other resources <input type="checkbox"/> Research possible careers <ul style="list-style-type: none"> ■ www.iseek.org ■ www.bls.gov/oco/ ■ www.online.onetcenter.org/ □ www.explorehealthcareers.org/ <input type="checkbox"/> Take introductory courses <ul style="list-style-type: none"> ■ 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 <input type="checkbox"/> Discuss courses with: <ul style="list-style-type: none"> ■ The Advising Center ■ Your FTS Advisor ■ A professor in a department of interest ■ Other students <input type="checkbox"/> Browse the textbook section of the bookstore <ul style="list-style-type: none"> ■ What books do you find appealing? <input type="checkbox"/> Attend campus events and programs <ul style="list-style-type: none"> ■ Recognize what appeals to you ■ Do things you’ve never done before <input type="checkbox"/> Visit the campus offices <ul style="list-style-type: none"> ■ Get involved with their programs ■ Engage in any volunteer activities on and off campus, examples: <ul style="list-style-type: none"> ▪ Community Service Center ▪ Diversity Center ▪ Womyn’s Awareness Center <input type="checkbox"/> Ask yourself the “Big Questions” <ul style="list-style-type: none"> ■ Attend a retreat ■ Check out the CVR library <input type="checkbox"/> Assess your academic skills <ul style="list-style-type: none"> ■ Advisor ■ Professors of favorite courses | <p>Career Center (CC)
CC, Library (LIB)</p> <p>Center for Vocational Reflection (CVR)</p> <p>The “Web”</p> <p>Gustavus Catalog Website</p> <p>CC</p> <p>Advising Center (ADV)
FTS Section</p> <p>Book Mark</p> <p>Student Activities Office (SAO)
Office of the Chaplains (OC)</p> <p>CSC
DC
WAC</p> <p>CVR, OC</p> <p>ADV</p> |
|---|--|

* Items with this symbol □ are health career profession specific suggestions

EXPLORE
 Who am I? Why am I here?

ASSESS (Sophomore Year)

How do I do this?

Where do I do this?

- | | |
|---|---|
| <ul style="list-style-type: none"> <input type="checkbox"/> Review your skills and résumé <ul style="list-style-type: none"> ■ Begin identifying your personal strengths and attributes <input type="checkbox"/> Determine which career field fits <ul style="list-style-type: none"> ■ Do a Interim Career Exploration ■ Talk with a Career Mentor ■ Take an Interest Inventory <input type="checkbox"/> Get involved <ul style="list-style-type: none"> ■ National Civic Engagement Month (February / March) ■ Volunteer and leadership opportunities <input type="checkbox"/> Consider major options <ul style="list-style-type: none"> ■ 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 <input type="checkbox"/> Attend <ul style="list-style-type: none"> ■ 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) <input type="checkbox"/> Consider related experiences <ul style="list-style-type: none"> ■ 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 <input type="checkbox"/> Connect majors to careers <ul style="list-style-type: none"> ■ 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/ | <p>Quick Questions / CC
(2–3:30 p.m. M–F)</p> <p>CC</p> <p>CVR / CSC
CSC</p> <p>Faculty (FAC)
ADV</p> <p>ADV</p> <p>CVR
CVR, CC, Academic Depts.
CC
SAO
CC
Counseling Center (COU)
CVR & COU
CC, ADV, CVR
CVR, OC
CVR</p> <p>CVR
CC
CC
FAC
OC, CVR</p> <p>CC
International Education
(Int'l Ed)</p> <p>Career Library (CC)</p> <p>ADV
CC, Web</p> |
|---|---|

ASSESS
 What does my life really stand for?

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 it 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. 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

FOCUS
What is my place in the world?

CONFIRM

(Junior & Senior Years)

How do I do this?

Where do I do this?

- | | |
|---|--|
| <input type="checkbox"/> Complete a related internship
(Fall, Spring, Summer) | CC |
| <input type="checkbox"/> Make professional contacts <ul style="list-style-type: none">■ Academic Departments■ Mentor Program■ Professional Organizations■ Family and Friends | FAC
CC
CC
Professional and Trade Associations/
Directories in CC |
| <input type="checkbox"/> Attend <ul style="list-style-type: none">■ 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) | CC
CC
CC
CC & CVR
CVR
CC, CVR, OC
CC |
| <input type="checkbox"/> Take upper level courses in your major | FAC |
| <input type="checkbox"/> Explore new areas during Interim <ul style="list-style-type: none">■ Study Abroad■ Career Exploration and Reflection■ On-Campus Course■ Off-Campus Course■ Volunteer! | Int'l Ed
CC & CVR
Catalog
Interim Office (IO)
CSC |
| <input type="checkbox"/> Prepare for interviews <ul style="list-style-type: none">■ Practice and Mock Interview programs | CC |
| <input type="checkbox"/> Complete your application for graduation
(Spring, Junior Year) | Registrar (REG) |
| <input type="checkbox"/> Investigate post-college options <ul style="list-style-type: none">■ Graduate Study / Professional School■ Employment■ Travel■ Volunteer Service | Advisor
CC, FAC
Int'l Ed
CC, CVR, CSC, CO |
| <input type="checkbox"/> Prepare for graduate exams | CC, Advisor |
| <input type="checkbox"/> Take service learning courses | CSC, Acad Depts. |
| <input type="checkbox"/> Assume leadership in organizations | SAO, DC |
| <input type="checkbox"/> Documentation preparation <ul style="list-style-type: none">□ 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 | FAC, ADV |

CONFIRM
How can my life make a difference?

IMPLEMENT (Senior Year)

In what ways is my life contributing to peace and justice?

How do I do this?

Where do I do this?

- Complete major requirements* Acad Depts
- Refine and finalize your résumé* CC
- Attend:*
 - Employer Information Day CC
 - Employer Presentations CC
 - Graduate & Professional School Presentations CC
- Complete graduate/professional school applications and exams* CC / Faculty Advisor
- Complete practice/mock interviews* CC
- Participate in job fairs/interviews* CC
- Consult with the CVR*
 - Confirm how your career and life goals can weave together CVR
- Develop other job search tools* CC, Acad Depts
 - Interview, Portfolio, Cover Letter
 - Networking
 - G-Net
- Focus your job search* CC
 - Non-Profit / For Profit
 - Job Area / Industry
 - Interests, Values, Skills
- Research* CC, Web
 - Employers and organizations CC, FAC
 - Graduate / Professional Schools CSC, CC
 - 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 CC / HP
 - Refine alternate plan for career path

LEGACY (As you leave Gustavus)

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 _____

Community

Justice

Faith & Meaning

Service & Leadership

Excellence
