**Gustavus Adolphus College**

**Life in the Making Map**

**Past Destinations**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Location** | Where have I lived or traveled? (Country, State, City, Setting)  Click here to enter text. | How may these places influence where I choose to live or travel to in the future?  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Who will I discuss this with?  Click here to enter text. |
| **School** | Classes I have taken that made an impact on you (positive or negative)  Click here to enter text. | Lessons learned  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Who will I discuss this with?  Click here to enter text. |
| **Job** | Past work experience  Click here to enter text. | Lessons learned  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Who will I discuss this with?  Click here to enter text. |
| **Service/Activities** | Past involvements  Click here to enter text. | Lessons learned  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Who will I discuss this with?  Click here to enter text. |

**Create Your Compass**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Values** | What are my values?  Click here to enter text. | My thoughts on (date)  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Resources if I am not sure  Go to the Center for Servant Leadership to pick up value cards and instructions for sorting. | Who will I discuss this with?  Click here to enter text. |
| **Interests** | What are my interests?  (Hobbies, free time activities, types of books you read, societal issues you care about)  Click here to enter text. | My thoughts on (date)  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Resources if I am not sure  To explore interests as they relate to possible career areas, go to the Center for Servant Leadership and ask to take the Strong Interest Inventory. | Who will I discuss this with?  Click here to enter text. |
| **Strengths** | What are my strengths?  Click here to enter text. | My thoughts on (date)  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Resources if I am not sure  To take the Strengths Finder assessment, go to the Center for Servant Leadership and talk with Amy Pehrson. Cost is $8. | Who will I discuss this with?  Click here to enter text. |
| **Areas of Support** | What areas am I not as strong where I need support? Could be a shadow-side of a strength.  Click here to enter text. | My thoughts on (date)  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. |  | Who will I discuss this with?  Click here to enter text. |

**Ideas for Your Next Destination**

For the mentee, this is your first destination after college. For the mentor, this is your next destination in your life/career.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Academics** | Academic courses needed to graduate from Gustavus: related to major, related to exploring personal interests, related to general education  Click here to enter text. | Steps to be taken this year on this pathway  Click here to enter text. | Reflection after step was taken – what did I learn and how does it influence future action  Click here to enter text. | Steps to take in the future (1-2 years) along this pathway  Click here to enter text. | Resources if I am not sure:  Students can discuss this with their faculty advisor or make an appointment in the Academic Support | Who will I discuss this with?  Click here to enter text. |
| **Academics** | Do I have interest in graduate school in the near future?  Click here to enter text. | If so, steps to be taken this year on this pathway  Click here to enter text. | Reflection after step was taken – what did I learn and how does it influence future action  Click here to enter text. | Steps to take in the future (1-2 years) along this pathway  Click here to enter text. | Resources if I am not sure:  Students can discuss this with their faculty advisor or make an appointment with a career counselor in the Center for Servant Leadership | Who will I discuss this with?  Click here to enter text. |
| **Career** | Ideas on my first/next career or job  Click here to enter text. | Steps to be taken this year on this pathway  Click here to enter text. | Reflection after step was taken – what did I learn and how does it influence future action  Click here to enter text. | Steps to take in the future (1-2 years) along this pathway  Click here to enter text. | Resources if I am not sure:  Students can make an appointment with a career counselor in the Center for Servant Leadership | Who will I discuss this with?  Click here to enter text. |
| **Service/Activities** | Ideas on ways I will serve my community or activities I wish to be involved in  Click here to enter text. | Steps to be taken this year on this pathway  Click here to enter text. | Reflection after step was taken – what did I learn and how does it influence future action  Click here to enter text. | Steps to take in the future (1-2 years) along this pathway  Click here to enter text. | Resources if I am not sure: | Who will I discuss this with?  Click here to enter text. |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Other Wellbeing Dimensions** | Other areas of my wellbeing where I wish to focus effort?  Emotional, Relational, Vocational, Spiritual, Environmental, Financial, Physical  Click here to enter text. | Experiments to try this year  Click here to enter text. | Reflection after experiment was tried– what did I learn and how does it influence future action  Click here to enter text. | Experiments to take in the future (1-2 years) along this pathway  Click here to enter text. | Resources if I am not sure:  Connect with the Wellbeing Office to:  Join a Be U Peer Coaching Group  Talk with a Peer Career Educator | Who will I discuss this with?  Click here to enter text. |

**Other Points on your Map (possible future destinations beyond 2 years from now)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Career Ideas** | What careers could I imagine myself pursuing in my life?  Click here to enter text. | My thoughts on (date)  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Resources if I am not sure:  Students can discuss this with their faculty advisor or make an appointment with a career counselor in the Center for Servant Leadership |
| **Continued Education** | Do I see myself going back for more education at some point in the future?  Click here to enter text. | My thoughts on (date)  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Resources if I am not sure:  Students can discuss this with their faculty advisor or make an appointment with a career counselor in the Center for Servant Leadership |
| **Service/Activities Ideas** | Ideas on ways I will serve my community or activities I wish to be involved in the future  Click here to enter text. | My thoughts on (date)  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Resources if I am not sure: |
| **Other Wellbeing Dimensions** | Other areas of my wellbeing that may be of interest or effort in the future?  Click here to enter text. | My thoughts on (date)  Click here to enter text. | Additional thoughts on (date)  Click here to enter text. | Resources if I am not sure:  Connect with the Wellbeing Office to:  Join a Be U Peer Coaching Group  Talk with a Peer Career Educator |