

PATHFINDERS

CAREER & VOCATION WORKBOOK



Navigate Your Route From Major to Magis

The content and structure of this workbook has been adapted from:
Loyola University Chicago; Major Exploration Workbook

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Welcome Letter

Congratulations on taking a significant step in navigating your route from major to magis! College is the perfect opportunity to explore your interests, examine your strengths, challenge your assumptions, and gain meaningful experiences. With so many opportunities, however, discerning the best steps for you can often feel overwhelming.

National studies show that nearly 75% of students change their majors at least one time during college. It is okay to not know exactly what you want to pursue when you leave Loyola University Maryland, but this question should be something you seek to answer intentionally.

Grounded in the Jesuit paradigm of **Exploration, Reflection, and Action**, this workbook is designed to provide you with concrete and meaningful tools to break daunting decisions into manageable steps outlined through the following sections:

Section 1: Myths & Mindset

Section 2: Know Your Options

Section 3: To Thine Own Self Be True

Section 4: Taking Action

Section 5: Making a Decision

Explore, Reflect, Act

“Owning our story can be hard but not nearly as difficult as spending our lives running from it. Embracing our vulnerabilities is risky but not nearly as dangerous as giving up on love and belonging and joy—the experiences that make us the most vulnerable. Only when we are brave enough to explore the darkness will we discover the infinite power of our life.”

Brene Brown, *The Gifts of Imperfection*

Section 1: Myths & Mindset

None of us come to our decisions as a blank slate. Our experiences, beliefs, and assumptions about life all shape our behaviors and decisions. The problem is when these things shape us without our awareness. To truly be in control of our decisions, we must reexamine what we think we know to be true, especially our own mindset.

“You try something, it doesn’t work, and maybe people even criticize you. In a fixed mindset, you say, ‘I tried this, it’s over.’ In a growth mindset, you look for what you’ve learned.”

~ Carol S. Dweck~

The Importance of Being Curious

The important thing is not to stop questioning... Never lose a holy curiosity.
Albert Einstein

Intellectual curiosity is so important! We see that most clearly in how it manifests itself in geniuses. Intellectual giants are always curious persons. For example, Thomas Edison, Leonardo da Vinci, Albert Einstein, Richard Feynman are all curious characters. Richard Feynman was especially known for his adventures which came from his curiosity.

Curiosity is not only important for those with high IQs. Successful students (and people who are successful after college) often display a good measure of intellectual curiosity.

But why is curiosity so important? Here are four reasons:

1. **It makes your mind active instead of passive**
 Curious people always ask questions and search for answers. Their minds are always active. Since the mind is like a muscle which becomes stronger through continual exercise, the mental exercise caused by curiosity makes your mind stronger and stronger.
2. **It makes your mind observant of new ideas**
 When you are curious about something, your mind expects and anticipates new ideas related to the subject. When the ideas come you will recognize them. Without curiosity, the ideas may pass right in front of you and yet you miss them because your mind is not prepared to recognize them. Just think, how many great ideas may have been lost due to lack of curiosity?
3. **It opens up new worlds and possibilities**
 By being curious you will be able to see new worlds and possibilities that are normally not visible. They are hidden behind the surface of normal life, and it takes a curious mind to look beneath the surface and discover these new worlds and possibilities.
4. **It brings excitement into your life**
 The lives of curious people are far from boring. They are neither dull nor routine. There are always new things that attract the curious person's attention, there are always new 'toys' to play with. Instead of being bored, curious people have an adventurous life.

Adapted from The Importance of Being...Curious by Anderson University,

<https://www.andersonuniversity.edu/sites/default/files/student-success/importance-of-being-curious.pdf>.

Reflection: The Art of Inner Curiosity

Our inner world is just as rich as our external world. Living an authentic life that mirrors your truest self requires a deep level of self-actualization. It is just as important to flex your mind muscles inward as it is with the outside world. Here are just a few benefits of consistent reflection:

1. **Tool for Making Meaning:** It is not our experiences that shape us, but the meaning we construct from the experiences that leave a lasting impact on our future behavior. Reflection helps us make sense of the world around us so we are better equipped to find our way through it.
2. **Key Driver of Self-Improvement:** Goals often go unrealized because people lack the self-awareness necessary to accurately evaluate the discrepancy between their desired outcome and their current behavior. (McConnell, Psychology Today, 2010)
3. **Strengthens Your Ability to Lead:** "Reflection is what links our performance to our potential. It is the process of properly unpacking ourselves as leaders for the good of others. We can't apply an abstract construct such as leading through crisis without experiencing what crisis does to us individually and collectively." (Kail, The Washington Post, 2012)

The Examen

The daily Examen has a rich history in Ignatian spirituality. Sometimes described as a “prayer of awareness,” the Examen is a tool for purposeful living. Through habitual practice, people move from passive objects to active agents in their lives, with a clearer vision of their calling and direction. There are five steps to the Examen, that are adaptable for anyone along the religious/atheist spectrum.

The Ignatian Examen

1. Centering

Remind yourself that you are in God's Presence and ask God to help you with your prayer.

2. Gratitude

Recall anything from the day for which you are especially grateful and give thanks to God.

3. Review

Examine the events of the day, from start to finish.

4. Reflect

Think about the key moments of the day.
Where did you feel close to God?

Where did you feel far from God?

When did you feel the most alive (consolation)?

When did you feel the most drained (desolation)?

5. Grace

Ask God for the grace you need for the next day and an ability to feel God's presence most clearly.

Excerpt Taken from: *The Jesuit Guide to (Almost) Everything* (2010) by Fr. James Martin, S.J.

*What
matters most
is that you
take time to
contemplate
your insights
during the
Examen to
find greater
meaning and
direction.*

Another Way

1. Centering

Take a moment to be still. Relax into a comfortable position and thoughtful mindset.

2. Gratitude

Recall a special moment from the day for which you are especially thankful or grateful for.

3. Review

Examine the events of the day, from start to finish.

4. Reflect

Think about the key moments of the day. What thoughts and emotions are present in those events?

When did you feel the most alive (consolation)?

When did you feel the most drained (desolation)?

5. Looking Forward

How will you reinforce moments of consolation?

How will you incorporate joy into the day?

What can you learn from moments of desolation?

Excerpt Taken from: *The Jesuit Guide to (Almost) Everything* (2010) by Fr. James Martin, S.J.

Do Majors Really Matter?

By Selena Welz

More than a few college students have experienced the stress of selecting their all-important major. After all, isn't what you focus on in school going to make—or break—you once you've graduated and entered the working world? This belief, which prevails across many undergraduate institutions, brings up the oft-voiced question: Does the major you choose need to have a direct connection with what you do after graduation? The answer is no.

Majors: Predetermining Your Life Path?

"People think that a major chooses a career, but that's just not the case," says Rosanne Lurie, a career counselor who has worked both at the University of California, Berkeley and the University of California, San Francisco. "Your interests and abilities lead to the decision of a major and a career after that, but there isn't always a direct relation between the two. A major doesn't predetermine what you end up doing."

The fact of the matter is that most majors will qualify you for just about anything. The skills employers are looking for are developed and refined by the college experience in general, regardless of particular areas of study. According to an annual survey conducted by the National Association of Colleges and Employers (NACE), communication skills ranked as the number-one qualifier on employers' lists for the past five years. Honesty and integrity, teamwork, interpersonal skills, and motivation followed in rank, none of which directly relate to a specific major.

Even higher education degrees that lead to specific careers allow for plenty of flexibility. Engineering, medicine, and law careers all require specialized and specific knowledge, along with a degree to show for it. But even so, the degree does not dictate a lifelong career: An engineer could go on to an executive position at a technology company; a doctor could become a research physician; a lawyer could go into consulting or teaching.

Being Well-Rounded Is the Key

To get the most out of your degree, whatever it is, and increase your employment options when you graduate, it's important to stay well rounded. For example, liberal arts students can really strengthen their resumes by including a few business or economics classes in their curriculum, while business and economics students might think about participating in a few writing or public-speaking courses.

Along with rounding out your curriculum, college offers endless opportunities to gratify your interests and try your hand at different paths to see what really engages you. Student groups, special research projects, or volunteer activities are all great ways to get hands-on experience to enrich your resume and college experience. It's also a great way to make friends with like-minded individuals.

Experience Matters More

One reason why people say it doesn't really matter what you major in is because experience forms the bottom line of today's hiring front. Employers care more about work experience than specific subjects studied in school. The NACE survey reports that internship programs are now ranked as the number-one source for finding entry-level employees—they were previously ranked seventh. Cooperative education programs moved from number 12 on the list a few years ago to the number two spot.

So use your summers and down time wisely, and think about how work experience you already have can complement and augment the skills you're learning in school to build a strong resume.

Majors: Part of the Big Picture

Choosing a major is something that shouldn't be taken lightly, but career planning goes beyond what you study in school. Deciding on a major is just the first step toward establishing a foundation that you will build on for the rest of your life.

"Whether or not a major is practical depends on how you define practicality, and how you define success," says Lurie. "If you're doing something that you really like to do and are good at, whether or not it's considered practical by conventional standards, then you have made a practical decision. Your choice of what to major in and your career choices after that should be a result of your own self-examination and self-awareness in terms of what you find fulfilling. With those criteria in mind, you'll be making the right decisions."

Ten Myths of Choosing a Major

1) I need to declare now: I am already behind, and declaring something is better than being undeclared.

No one at Loyola expects 18-year-old students to know what major or career they want to pursue. It takes time to discover your interests, talents, and values. In fact, we expect this process to be constantly evolving and your understanding of your calling will continue to grow throughout your life. The important thing is that you are taking active steps to explore and pursue your calling.

We encourage you to choose your major based on careful investigation and consideration of what academic program would best fit you. Don't look for the perfect major, though (it doesn't exist), and don't wait until you are 100% sure of that area. When you have reasonably researched an option and are about 75% sure you would like to pursue that option, that is a good time to declare.

2) When the time is right, I'll just know what I want to do.

If you expect that the right major will just fall out of the sky and into your hands, you are mistaken. Choosing a major and career path that are a good fit for you requires your active participation. You must identify your interests, strengths, skills, and values, work on identifying options that may fit your personal characteristics, research those options, and then decide.

Decisions by default are decisions that are made simply because you aren't actively involved in the decision making process. In this context, you might default to a particular career that someone else has chosen for you (without your input) or to a major that does not require any prior planning or action on your part (such as completion of course prerequisites). Don't limit your options by opting out of your own major and career selection process.

3) As long as I choose a career that earns a lot of money, I will be happy.

Research on millionaires suggests that money does not necessarily have a direct correlation to happiness. Our best advice in planning for happiness is to carefully assess your personal values as well as your interests, skills, and preferences. We hope your personal fulfillment and satisfaction in the future is the direct result of who you are and what you are doing with your life rather than how much money you make.

4) Unless I major in accounting, info systems, or computer science or become a doctor or lawyer, I'll be homeless within 10 years.

If you are concerned about making a living with just any major, note that the top qualities employers are looking for in prospective employees are about skills, not content. What you want to do in college is develop marketable skills like written and oral communication, problem solving, the ability to work in groups, interpersonal communication, and sensitivity to other cultures. Loyola's core curriculum is designed in part to foster those skills in students, and the skill-building process continues in any major.

It's true that you probably won't get a job as an accountant without an accounting background, and you probably won't be a computer programmer without programming classes under your belt, but this certainly doesn't imply there aren't other ways (and indeed thousands of other ways) to earn a living and make a life.

5) Majoring in English (or history or sociology or Spanish...) is a waste of money because you can't really do anything with it

Research tells us that five years after graduation, only 40% of college graduates are working in career areas directly related to their undergraduate major. Chances are, it doesn't really matter what you choose as your major. The question "What can I do with a major in...?" Isn't really a helpful question. A better one is "What skills will my undergraduate education help me to develop?"

6) Doctor, lawyer, merchant, chief. Eeny, meeny, miney, mo.

When we begin to think about career choices, we tend to identify those careers that are highly visible in our world. This tendency is natural; we are more familiar with those careers, although sometimes what we “know” (the portrayal of a job on *Netflix*, for example) isn’t a realistic picture.

It is a mistake, though, to limit ourselves only to the 10 or 15 career fields with which we are most familiar, because undoubtedly there are many other career options that are better fit for us. There really are thousands of career choices, and as technology advances, the world and our cultural divides shrink, and society responds to those changes, more career fields are created.

7) I don’t have a choice. I’m pre-med so I have to major in biology

As a pre-health advisor said recently, “In terms of getting into medical school, what a student majors in doesn’t matter. What does matter is completion of the necessary pre-med courses, exemplary academic records, good performance on the MCAT, strong recommendation letters, and practical experience.

If you have determined that a career as a medical doctor would be a good fit for you, you should major in an area that you really enjoy. If you choose an area you really like, you will be motivated, you will work hard, and you will likely succeed.

8) This is probably the biggest decision of my life.

Choosing a major may very well be one of the biggest decisions you’ve been required to make thus far, but it is only the beginning. Our world changes rapidly, and we change with it. It is highly likely that your professional life will involve career changes and that you will experience significant personal changes.

Also, you will encounter life decisions that are larger than your major decision. Certainly, decisions about where to live, about establishing lifelong relationships with partners, and about raising children are a few examples. This decision is a big decision, but it won’t be the biggest one. Knowing how to make the best decision for you is an invaluable opportunity afforded to you at Loyola. Take advantage of the spaces to practice discernment.

9) Once I decide on a major everything will just fall into place for the next 40 years.

As previously mentioned, the only certain thing in life is uncertainty. The path between college graduation and retirement is not a straight line. It will bend, curve, detour, and possibly go in circles in response to changes in the world and in our personal lives. Think about it: do you want to be locked into something for the next 40 years not knowing how your chosen field will change, how your life will change, and how you will feel about those changes?

In the same way it is to your benefit to remain open to options in your major-declaration process, it is also important to welcome situations that force you to reconsider and reassess those initial career decisions. Celebrate when you outgrow those earlier choices or when you grow away from them to new, more fitting opportunities.

10) I have to make this decision all by myself.

You are not completely on your own in this decision making process. Many people and many resources are available to assist you in identifying your skills and options and to help you work through this process.

However, the final choice is yours. Community and acceptance are very important to us as human beings, but you don’t want family members, friends, advisors, or anyone else for that matter determining what happens with your life.

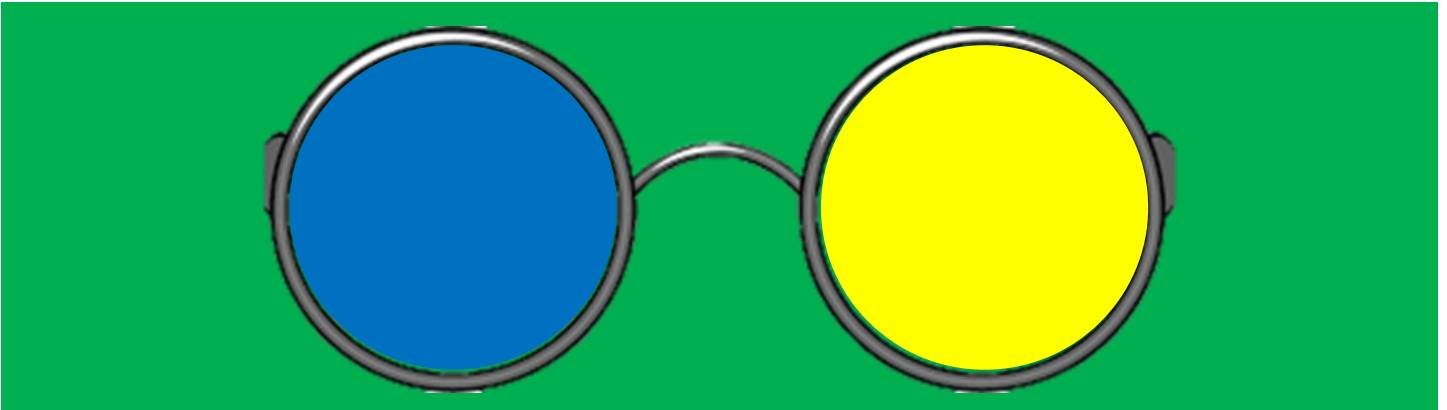
Personal Myths & Barriers

As you can see, exploring your options before declaring a major is not only normal, it's beneficial! But the myths and assumptions we hold about careers and ourselves can sometimes hold us back when trying to make decisions. Please identify what, if any, concerns or barriers you are holding onto that may be preventing you from finding further clarity.

Example: Fear of Failure, Family Expectations, etc.

_____	_____
_____	_____
_____	_____

Your World View



Throughout our lives we have developed a particular lens through which we see the world. This lens guides our interactions with others and our environment in often small unnoticeable ways. Our way of seeing also becomes our way of not seeing. One might argue that our choices are never truly our own as long as our lens remains unconscious to us. The best way to become conscious of our own lens is through engaging with people who see the world differently. Consider asking mentors and loved ones the following questions:

How do you define success?

What does it mean to live a purposeful life?

What does work/life balance mean to you?

How have your identities impacted your work life?

What is the purpose of work?

What is the purpose of education?

Section 2: Know Your Options

Loyola University Maryland Undergraduate Majors

Loyola College of Arts & Sciences

Actuarial Science-Mathematics (BS)
 Advertising/Public Relations- Communication (BA)
 African & African American Studies (Minor)
 American Studies (Minor)
 Applied Mathematics (BS)
 Art History (BA, Minor)
 Asian Studies (Minor)
 Biology (BS, Minor)
 Catholic Studies (Minor)
 Chemistry (BS, Minor)
 Chinese (Minor)
 Classical Civilization (BA, Minor)
 Classics (BA)
 Communication (BA, Minor)
 Comparative Culture & Literary Studies (BA, Minor)
 Computer Engineering (BS, Minor)
 Computer Science (BA, BS, Minor)
 Digital Media- Communication (BA)
 Electrical Engineering (BS)
 Engineering (BS, Minor)
 English (BA, Minor)
 Film Studies (Minor)
 Forensic Studies (Minor)
 French (BA, Minor)
 Gender Studies (Minor)
 German (BA, Minor)
 Global Studies (BA)
 History (BA, Minor)
 Italian Studies (Minor)
 Journalism- Communication (BA)
 Latin American & Latino Studies (Minor)
 Materials Engineering (BS)
 Mathematical Statistics (BS)
 Mathematics (BS, Minor)
 Mechanical Engineering (BS)
 Medieval Studies (Minor)
 Music- Fine Arts (BA, Minor)
 Natural Sciences (Minor)
 Operations Research- Mathematics (BS)

Peace & Justice Studies (Minor)
 Philosophy (BA, Minor)
 Photography- Visual Arts (BA, Minor)
 Physics: (BS, Minor)
 Physics 3-2 Physics/Engineering (BS)
 Physics Analytic Track (BS) Physics Applied Science Track (BS)
 Political Science (BA, Minor)
 Psychology (BA)
 Pure Mathematics (BS)
 Sociology (BA, Minor)
 Spanish (BA)
 Speech-Language-Hearing Sciences (BA)
 Statistics (BS)
 Studio Arts- Visual Arts (BA)
 Theatre- Fine Arts (BA, Minor)
 Theology (BA, BA/MTS, Minor)
 Urban Education (Minor)
 Visual Arts (BA)
 Writing (BA, Minor)

School of Education

Elementary Education
 Secondary Education (Minor)
 Special Education (Minor)
 Urban Education (Minor)
 Sellinger School of Business
 Accounting
 Business Administration (Minor)
 Economics
 Finance
 General Business (Minor)
 Information Systems
 International Business
 Management
 Marketing

Pre-Professional Programs

Pre-Dental
 Pre-Health Track
 Pre-Law Program
 Pre-Medical Track
 Pre-Nursing Track
 Pre-Physician Assistant Track

Short List of Majors

Instructions: From the list of majors on the previous page, write down the majors you are most interested in exploring further. Once you have your list, review the requirements of each major and rate your interest on a scale of 1-5, one being most interested and five being least interested. Review each major department's website and look at the course descriptions online. Get as much information from as many sources as possible.

Note: Do your best to list any majors of interest, even if you believe you have already narrowed down your top few. You'll want to refer back to this list as you complete the remainder of this workbook. Remember, it's helpful to think in terms of skills you will acquire rather than specific careers available each major.

Rate

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Rate

☐ _____

☐ _____

☐ _____

☐ _____

☐ _____

Major Declaration Process

Students who wish to declare a major need to stop by the Academic Advising and Support Center (AASC, MH 138) for guidance in making this decision. Once a decision has been made, a *Declaration of Major* form must be submitted to the Records Office (MH 141). Be sure to get all of the signatures required prior to submitting this form. The *Declaration of Major* form is available on the Records Office website under Forms, or in the Records Office (MH 141).

Changing Your Major/Minor

Students who wish to change their declared major need to stop by the Academic Advising and Support Center (AASC, MH 138) for guidance in making this decision. Once a decision has been made to change the major, a *Change of Major* form must be submitted to the Records Office (MH 141). Be sure to get all of the signatures required prior to submitting this form. The *Change of Major* form is available on the Records Office website under Forms, or in the Records Office (MH 141).

Students who wish to add, change, or drop a minor must submit a *Change of Minor* form to the Records Office (MH 141). Be sure to get all of the signatures required prior to submitting this form. The *Change of Minor* form is available on the Records Office website under Forms, or in the Records Office (MH 141).



LOYOLA
UNIVERSITY MARYLAND

Academic Advising & Support Center
4501 N. Charles Street
Baltimore, MD 21210-2699

Undergraduate Declaration of Major

Student ID# (or SS#)	Student Athlete: <input type="checkbox"/> Yes <input type="checkbox"/> No	Honors Program: <input type="checkbox"/> Yes <input type="checkbox"/> No	Class Year	
Last Name	First Name	MI	Cell Phone	
Address	City	State	Zip Code	Home Phone

Major Information	
Anticipated Degree:	
<input type="checkbox"/> Bachelor of Arts <input type="checkbox"/> Bachelor of Science <input type="checkbox"/> Bachelor of Science in Engineering <input type="checkbox"/> Bachelor of Business Administration	
BA, BS, or BSE Major	BBA Major (check one)
	<input type="checkbox"/> Accounting <input type="checkbox"/> Business Administration
Concentration (Required for Business Administration, CM, FA, MA and PH Majors; suggested for ES Majors)	
Check One, when applicable:	Minor (if applicable)
<input type="checkbox"/> Double Major <input type="checkbox"/> Interdisciplinary Major	
Student's Signature	Date

Core Advisor's Comments:	
Core Advisor's Signature	Date

**Please return this form to the
Academic Advising and Support Center (MH 138).**

– ACADEMIC ADVISING USE ONLY –
Your Major Advisor is:
Comments:

Program Code
(Records Office)

Career vs. Vocation

The word vocation stems from the Latin root vox, meaning “voice,” and the related word vocare, meaning “to call.” Simply put, vocation is connected to your life’s greater purpose. As such, your vocation is ultimately a journey, not a destination. It is a journey to more deeply understand your passions, talents, and purpose and to live in congruence with said insights. A career is an occupation. Something you do primarily for income. Some will find ways to align their vocation and career. For others, these may be separate entities. If the overall goal is living a life of personal fulfillment, you will just have to find what works best for you. This can require some creativity. For now, begin by outlining what you may need from a career and a vocation separately.

List what you think you might want in a

Career

List what you think you might want in a

Vocation

What Are 'Slash Careers And Why You Need One

Rachel Dresdale

Forbes.com

JUL, 2017

Last weekend, I had the opportunity to watch [Lisa Sugar](#), Founder and President of POPSUGAR, give a keynote at a conference. Something she said about work-life balance really stood out to me, "[you have to balance your passions not your time](#)." A statement I wholeheartedly agree with. She shared her story of her own slash career. While working in advertising she didn't feel fulfilled creatively, so she began writing about topics she loved on a website she created.

For five years she managed both careers before deciding to leave her job in advertising to run POPSUGAR. Her definition of balance, and managing simultaneous careers to achieve fulfillment, got me thinking that slash careers could be a step in the right direction for millennials looking for greater work-life satisfaction.

What Is A Slash Career?

In her book *One Person/Multiple Careers: The Original Guide to the Slash Careers*, Marci Alboher popularized the phrase "slash career." People with slash careers are those making multiple income streams simultaneously from different careers.

Initially, having multiple careers at once was solely associated with creative careers, like photographer/writer. However it's becoming more mainstream with millennials in traditional careers. For instance, [Jackie Jade](#) is a lawyer/blogger. In Jade's experience, what once started as a general interest or hobby, has turned into a side business. "I always want to keep learning and challenging myself so I love the freedom of being able to push myself, while also working my 9-5 job."

Slash careers are particularly popular with millennials. For many, the thought of taking on a traditional linear career path is enough to bring on a wave of anxiety. Jade explains, "I definitely see lots of multi-passionate millennials." In fact, it's been said that the contrasting mindset between millennials and previous generations can be linked back to millennials multi-passionate tendencies.

Why Should You Consider A Slash Career?

1) Greater work-life balance

With millennials multi-passionate tendencies, it's easy to see why many feel unfulfilled or lost in their careers. Slash careers are an interesting concept when it comes to work-life balance and satisfaction. As Nigel Marsh discusses in his [Ted Talk](#), work-life balance has little to do with time spent in areas, but more to do with fulfillment across various areas (intellectual, emotional, spiritual, and psychical) that make up feelings of balance in one's life.

By adopting a slash career, a millennial who feels unfulfilled in a particular area, can work towards achieving balance in another area while still paying the bills and getting certain needs met. For example, if a person is no longer feeling intellectually stimulated in his job, he may teach himself a new skill like coding during off hours. That skill overtime can turn into an additional career path. Perhaps someone else no longer feels like he is getting his spiritual or physical needs met. He decides to complete a yoga teacher training and begin teaching after his traditional job.

The possibilities of slash career options are truly limitless. By taking a step back and determine what area you are lacking fulfillment, you can begin to explore new career options that can support what work-life balance looks like for you.

2) More desirable to employers

Slash careers can make you more [enticing to an employer](#). They give you greater discipline, creativity, and a broader skill set. Companies are always looking for self starters and innovators on their team to help them get to the next level, and people who have taken the initiative to develop a slash career, are more likely to bring those qualities into their office.

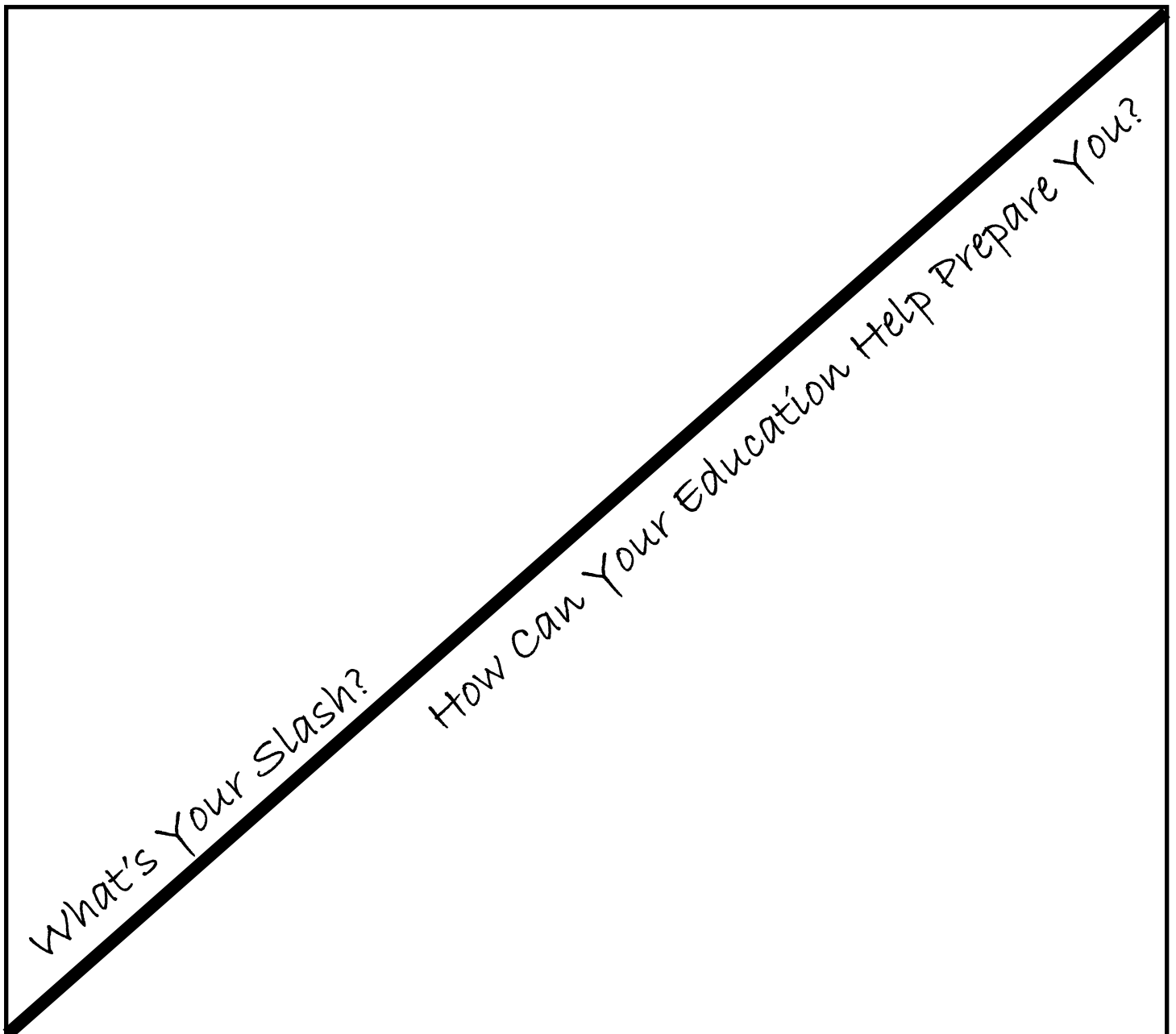
3) Supplement your income

It's no secret that [millennials are struggling with money](#). In a recent national financial literacy survey, 18-34 year olds did worse than any other age group. They had higher rates of being late with mortgage payments, overdrawing checking accounts, and trouble with medical costs. A slash career might not help with the financial literacy aspect, but it could help pay some of those bills.

How To Develop A Slash Career

Alboher recommends developing slash careers over time. She believes it's better to deeply immerse one's self in a particular career, master it, and then layer in another slash. Personally, when I look back on my own slash career, I find this to be true as well. I began as a mental health counselor, which spun off to coaching, which led to consulting opportunities, and eventually monetizing my blog and becoming a social media influencer. When I graduated, I never would've predicted my career path, but knew that I would never solely remain a mental health counselor.

Alboher suggests people consider virtual work when looking to add another slash career. Jade echoes the sentiment, "t's so much easier to get online now to start your business, research tips on websites, attend virtual trainings and collaborate with other people all over the world." Especially for those who work traditional 9-5's, virtual work gives more freedom to do things when a schedule permits, and "balance your passions," like Sugar says.



Section 3: To Thine Own Self Be True

Cast Your Vision: A Personal Mission Statement

A personal mission statement is different from goals. Goals are succinct and measurable action items to be achieved within a timely manner. Personal mission statements are philosophical statements designed to keep your values and priorities in the forefront of your mind as you navigate your life. Consider the following questions to help you craft a personal mission statement.

How do you want to be remembered at the end of your life?	What problem(s) do you want to help the world solve?
What values or principles will help guide you through life?	Describe your desired quality of life. (consider things like people, home, travel, etc.)
Begin to draft your personal mission statement:	

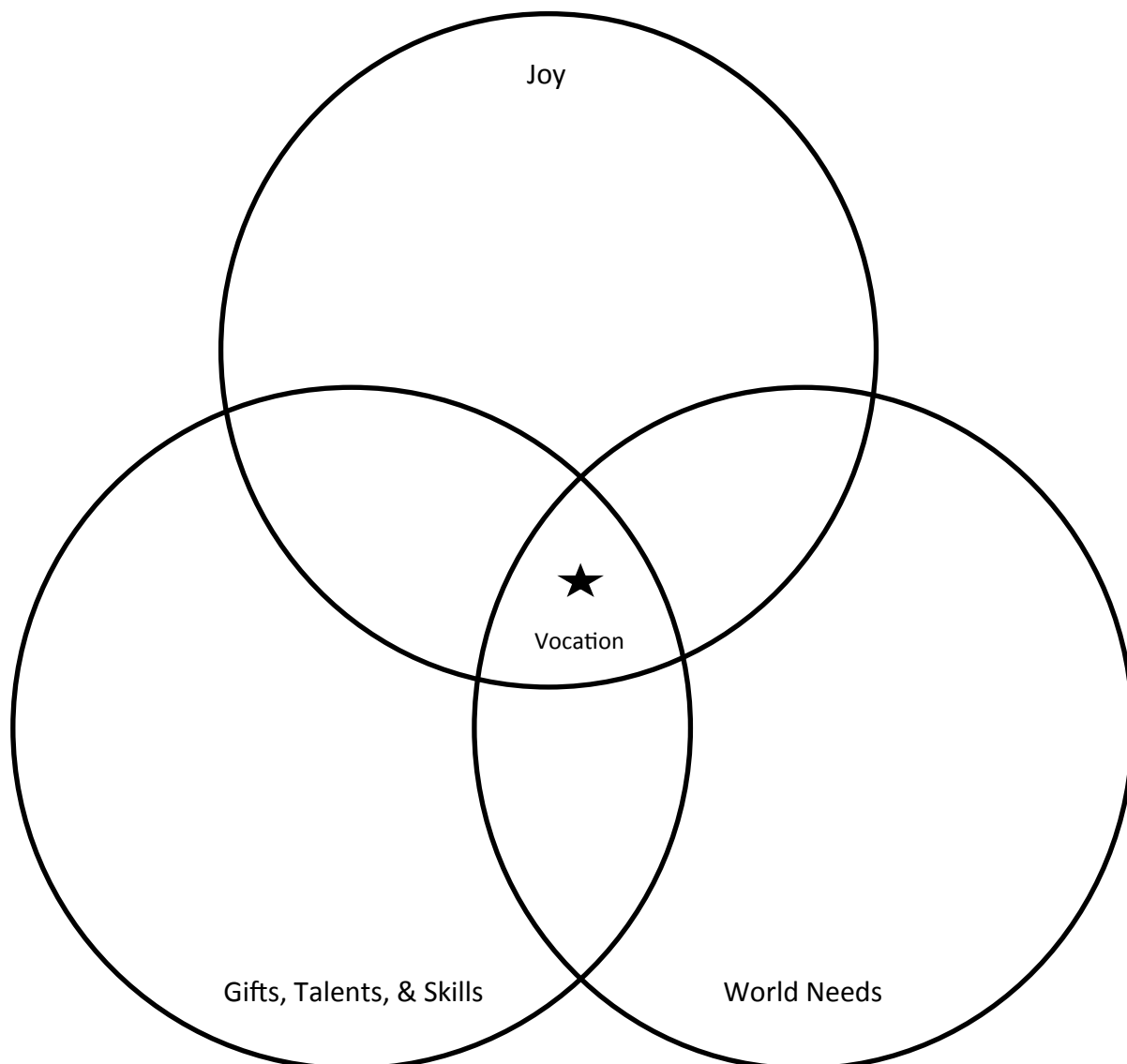
Three Key Questions

The Ignatian tradition of Loyola University Maryland defines vocation as the intersection of three key questions: (1) What brings you joy? (2) What do you do well? (3) What does the world actually need from *YOU*? Though seemingly simple questions, they are ones that often require further explanation and ongoing reflective analysis. Let's start by establishing a common understanding around these key questions.

1.) Define Joy. What makes joy different from happiness or satisfaction?

2.) How do you really know what you do well?

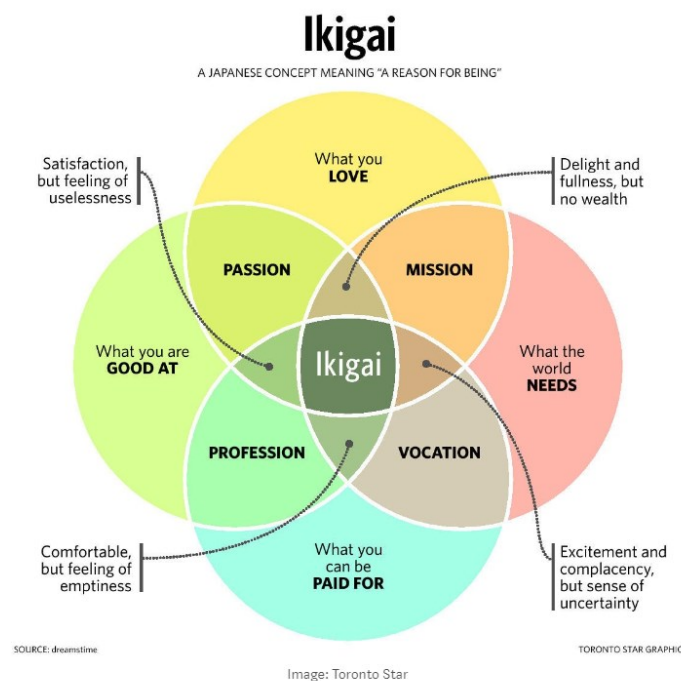
3) How do you figure out what the world needs?



Where Vocation Meets Practical Limitations

An openly acknowledged shortcoming of vocation within the Jesuit communities is that it has privileged underpinnings. Many cannot neglect the realities of cost of living. As previously mentioned, vocation can exist separate of a paid career. You may find a way to integrate your vocation into a career that otherwise feels unrelated to your purpose. For those blessed enough to find a career directly connected to their vocation, it does not necessarily mean that the career choice supports your desired or necessary cost of living.

Ikigai (pronounced Ick-ee-guy) is a Japanese term closely related to vocation. Loosely translated, Ikigai is your purpose or reason for being. It is the thing that gets you out of bed each morning. This concept also asks “What can you be paid for?” (Oppong, Thrive Global, 2018)



Look back upon your responses to the Three Key Questions. What concerns, if any, do you have about your ability to provide for your future based on your responses? How realistic or attainable does your vision of your future life look now?

A Deeper Look At Joy

Reflection Questions

What are you passionate about?

What are those things you find yourself doing and losing track of time?

What are those things that you do that make you feel a deeper sense of peace?

What gives you joy? Who are you? What are you passionate about? What excites you? To answer these questions, it might help to ask yourself what have been the “defining moments” in your life, the turning points that shaped who you are or the moments when you made decisions that, consciously or not, have made you the person you are today? Do these point to what gives you joy?

Note that we are talking about joy, not happiness. Feeling happy often depends on external things, your physical well being, the weather, whether you had a good night’s sleep or a good meal. Joy comes from within and has to do with a deep and abiding sense of the rightness, the goodness, the fruitfulness of what you do with your life. It results from the harmony between your ambitions and your achievements. It is a gift that comes from acceptance and patience, from being at peace with the reality that surrounds you, even when that reality calls for change or when it challenges you.

And we are not talking about satisfaction. To be satisfied means to be full, to want nothing more. Joy comes from a quest that challenges you to grow, to learn more, to become more, to give more. Maybe you are good at several things. Which choices will not only use your talents but also stretch them?

No one can answer these questions but you. You can get advice from others, learn a lot from them, but ultimately only you can say what really gives you joy or what makes your light shine?

Borrowed from *Three Key Questions* video

Presented by Michael Himes ~ Halftime, Boston College

Talking about joy should be FUN! Make a 3-5 minute video sharing your passion.

Mentors

Collective wisdom suggests that a lot can be determined about oneself by examining the company which one keeps. Mentors play a big role in our lives. It is commonly understood that mentors help strengthen your network and open doors for growth and success. But have you ever stopped to ask yourself why you were drawn to your particular group of mentors, out of the countless of other qualified humans?

Instructions: Identify a list people you admire most in your life, the few whom you give the privileged title “mentor.” Then document the characteristics and achievements you most admire about each mentor.

Mentor: _____

What might any patterns found in your mentor selections suggest about who you are and what is important to you?


Mentor: _____

Mentor: _____

Section 4: Taking Action

Much of your reflection thus far has been largely theoretical. To really discern an ideal path forward for you, you will need to not only review past experiences, but receive feedback from those who know you in different contexts. Often, people around us can more easily see things in us that are still invisible to us,. Beyond this though, we must continue to take concrete action to collect more data upon which to reflect. The next few pages are all about taking control through action. Before we begin, take a moment to list (1) the important people in your life who could provide you with reliable feedback, and (2) the type of work and opportunities you have been dreaming to explore.

Who are the people who can give you honest, reliable feedback?



What opportunities would you most like to explore to give you insight about your future?



What Else Can Mentors Tell You?

Finding a career path cannot be solely based on your passions. Your direction in life should be something you are relatively good at. It should capitalize on your strengths! Over the next week, reach out to those same mentors you identified on the previous page. Ask them to identify your skills and character strengths.

Was there anything surprising about what your mentors shared with you?

What were the similarities among your mentors' responses?

Were there strengths you thought your mentors would have mentioned but didn't?

What other insights did you gain from this process?

Informational Interviews

Another option for gathering information is conducting “Informational Interviews.” This is an invaluable tool often used in career exploration. An informational interview is simply a carefully constructed conversation with someone who can share information and insight with you.

Consider scheduling an informational interview with faculty in the departments and/or schools you are considering for a major. Other potential interview candidates may include alumni and professionals who work in an industry in which you are interested.

Certainly, consider interviewing multiple people for multiple perspectives.

Job Shadowing

Many students are eager to find a major that matches up with a particular career interest. One way to learn more about a career is to conduct a job shadow. A job shadow experience is when you are able to meet with a professional who currently works in an industry of your interest and see what (s)he does on a daily basis.

After conducting an informational interview, you may want more information. Ask the people in your network of support – parents, siblings, professors, aunts, uncles, cousins, friends and neighbors – if you can spend a day observing them at work. Be sure to make a great first impression from the moment you ask about job shadowing through your follow-up thank you note. Dress to impress, keep detailed and accurate notes, ask follow up questions and avoid getting in the professional’s way at work. Remember, this is his or her job and (s)he is doing you a favor.

At the end of the job shadowing experience, reflect on what you learned. What did you like? What did you dislike? What were the critical components of the job? What was the working environment? Did you prefer an office environment, retail, outdoor, etc.?

Remember to follow up with the person you shadowed by thanking them with a personalized, hand-written note sent within a few days of your job shadow experience.

Preparing for Your Interviews

Six Steps of Informational Interviewing

- (1) Research Career Fields
 - Do some initial research on the career field or employer using internet and print resources.
- (2) Identify people to interview
 - Pursue your own contacts. People you already know, even if they aren't in fields of interest to you, can lead you to people who are. This includes family, friends, teaching assistants, professors and former employers.
 - Identify Loyola alumni to contact; they often take a special interest in "giving back" to students.
 - Utilize Handshake and other Career Center Resources
- (3) Prepare for the interview
 - Develop a brief introduction of yourself and your hopes for the meeting.
 - Plan open-ended questions to ask.
- (4) Initiate contact
 - Contact the person by email or phone (see sample telephone script below).
 - Mention how you got his or her name.
 - Ask whether it's a good time to talk for a few minutes.
 - Emphasize that you are looking for information, not a job.
 - Ask for a convenient time to have a 20-30 minute appointment.
 - Be ready to ask questions on the spot if the person says it is a good time for him/her and that s/he won't be readily available otherwise.

Requesting an Informational Interview: Sample Phone Script

"Hello. My name is Malik Taylor and I'm a junior majoring in Marketing at Loyola University. Is this a good time for you to talk briefly? I heard you speak at an event sponsored by the Undergraduate Marketing Association last semester. Although I am not currently looking for a job, I have become very interested in public relations and would like to learn more about the field. Would it be possible to schedule 20 to 30 minutes with you at your convenience to ask a few questions and get your advice on how best to prepare to enter the field?"

- (5) Conduct the informational interview
 - Dress neatly and appropriately, as you would for a job interview.
 - Arrive on time or a few minutes early.
 - Bring your list of questions and take notes if you like.
 - Restate that your objective is to get information and advice, not a job.
 - Give a brief overview of yourself and your education and/or work background.
 - Be prepared to direct the interview, but also let the conversation flow naturally, and encourage the interviewee to do most of the talking.
 - Respect the person's time. Limit the meeting to the agreed-upon timeframe.
 - Ask the person if you may contact them again in the future with other questions.
 - Ask for names of other people to meet so as to gain different perspectives.

Note: You can bring a resume, but don't take it out right away or your interviewee may think you are actually fishing for a job. At some point you may wish to ask for input about it, but first establish a nice rapport with the person.
- (6) Follow-up
 - Keep records. Write down what you learned, what more you'd like to know, and what your next steps should be.
 - Send a thank-you note within 1-2 days to express your appreciation for the time and information given. Based on whether the informational interview was relatively informal or more businesslike, this may be a brief handwritten note, an email, or a business letter. (Example, pdf, "page 33").
 - Keep in touch with the person, especially if you had a particularly nice interaction; let them know that you

Sources

Columbia University Center for Career Education- <https://www.careereducation.columbia.edu/resources/15-helpful-questions-ask-informational-interview>

University of California Berkley- <https://career.berkeley.edu/Info/InfoInterview>

Preparing for Your Interviews (*Continued*)

Helpful Questions

TASKS AND RESPONSIBILITIES

- Please tell me about your work.
- Describe a typical work day.
- What aspect of your job do you find most challenging/rewarding?
- Do you more often work individually or as part of a team?
- Can you describe the typical work/life balance in this field?

PREPARATION FOR CAREER PATH

- What do you think is the best academic preparation for this profession?
- How did you become interested in this field?
- What are the qualifications you look for in a new hire?
- What else should I know to make an informed decision about choosing a career in this field?
- Is there anything you wished you knew before entering this field?
- Do you have any recommendations for other people I should speak with in the field to learn more? May I use your name when reaching out to him or her?

INDUSTRY KNOWLEDGE

- What industry publications would you recommend I read to help keep me informed of developments in this field?
- Is the advice you have passed on to me regarding this sector typical of the industry, or is it specific to your organization?
- Are there any professional associations that you are part of or suggest I join?
- Where do you see this industry going in the next 5-10 years?

CULTURE & PROFESSIONAL DEVELOPMENT

- What are the unspoken expectations of this profession?
- What does work/life balance look like within this field as a whole?
- How does the culture within this profession differ from others?
- What skills can I gain through this work that can be applied to future career options?

What other questions do you want to ask?

Sources

Columbia University Center for Career Education- <https://www.careereducation.columbia.edu/resources/15-helpful-questions-ask-informational-interview>
 University of California Berkley- <https://career.berkeley.edu/Info/InfoInterview>

Section 5: Making a Decision

But First...Let's Review!!

Take a moment to list three major insights about yourself or the vocational discernment process you have acquired through this workbook.

1)

2)

3)

Now, what have you decided?

Route to Magis

Congratulations on determining your discipline of study and taking a significant step on your journey toward purpose! The idea of Magis calls us to strive for more. Often we misunderstand this call to mean a drive for perfection and overcommitment. This is not Magis. To live a life of Magis means to be in constant pursuit of your best and truest self. As you take one step on your journey three more steps become visible. In the space provided below you have the opportunity to reflect on the questions and opportunities that will continue to shape your Route to Magis.

Now That I Know My Major...

<p><i>What questions need to be explored to help me discover my next step?</i></p>	<p><i>What resources and opportunities are available to me to help me answer those questions?</i></p>
<p><i>What skills do I need to further develop to be successful on my journey?</i></p>	<p><i>What other values and passions do I want to explore even if it is outside of the context of my major?</i></p>
<p><i>Who will make up my network of trusted advisors on my journey to my truest self?</i></p>	<p><i>What fears or barriers do I need to acknowledge in order to move forward?</i></p>

Magis Smart Goals

Based on your responses on the previous page, create three to five SMART Goals that will help you continue your route to Magis. SMART goals are unique in that they are (S)pecific, (M)easurable, (A)ttainable, (R)elevant, and (T)imely.

Goal:

Goal:

Goal:

Goal:

Goal:

Notes

[illegible]

Notes

[illegible]