



One-on-One Advising Vocation and Career Exploration Focus

One-on-One advising meetings are an ideal time to dialogue with students about their “big picture” hopes and dreams. As they think about their life’s work and listen to their inner voice, in what direction is their future calling them?

In addition to using the “Finding Your Vocational Fit” worksheet as a tool, any of the following questions can be used in your individual meetings to spark conversations that foster vocational exploration.

- ◆ From *Essential Spirituality* by Roger Walsh, M.D., PhD.:
 - ◆ What is really important in your life?
 - ◆ What really matters?
 - ◆ What would you be better off doing more of?
 - ◆ What would you be better of doing less of?
 - ◆ Of all the things that you’ve done, what has made you happiest?
 - ◆ Of all the things that you’ve done, what has satisfied you the most?
 - ◆ What is the most valuable thing you’ve learned?
 - ◆ What is the best thing you’ve done to help other people?

- ◆ General questions:
 - ◆ Who is your professional role model? What qualities does he/she possess that have earned him/her your respect?
 - ◆ What are your gifts and how are you being called to use them?
 - ◆ How have your parents’ occupations influenced your choice of vocation?
 - ◆ What emotions and values have impacted your selection of major and career?
 - ◆ How do you define professional success?
 - ◆ Are you making time to be still and listen to your inner voice? What are you being called to do?
 - ◆ Who can you rely upon to support you in the decision you make regarding your vocation?

- ◆ From *17 Questions That Could Change Your Life* (from the Jack & Bernie Morning Show on MIX 107.3)
 - ◆ If you had to wear your philosophy as a motto on a T-shirt, what would it be?
 - ◆ Do you live your life like this is your philosophy or is this a fantasy?
 - ◆ Are you inhibited by a fear of failing? Just for a moment, pretend that failure is a triumph, not a shame. What would you reach for, what would you risk?
 - ◆ How do you envision myself at age 60? What would you like to know that you don’t know now? What should you be doing now that you will happily look back on then?
 - ◆ If you were able to take you 10-year-old self to lunch, what would he/she think of you?