



Bonner Developmental Model Road Map

Vocation and Career Exploration Activities

This resource is designed to serve as a planning tool for Bonner staff. Using the Four Year Student Development Model as a guide, a variety of activities, books, and training modules for vocation and career exploration have been suggested for each class. All training modules and resources identified in [] are located on the Bonner Foundation Web Site at http://www.bonner.org/resources/guides/vocation/vocation_home.html under Supplementary Resources.

EXPLORATION: Freshman Year

- ◆ Introduce language of vocation ~ how do vocation and career differ? This is an opportunity for Campus Ministry and/or Career Services collaboration.
- ◆ Encourage consideration of options based on major or career path.
- ◆ Expose to different fields/professions either through resources, site visits or speakers.
- ◆ Promote job shadowing and other opportunities to connect with mentors.
- ◆ Explore intrinsic/extrinsic rewards of different careers.
- ◆ Ask questions such as “what do you enjoy in life?” and “what comes easy to you?”
- ◆ Have students write letter to self and keep it on file until their senior year.
- ◆ Create a class learning/reading circle. You may wish to use one of the following:
 - ❖ *Whistle While You Work: Heeding Your Life's Calling* by R.J. Leider and D.A. Shapiro
 - ❖ *Majoring in the Rest of Your Life* by Carol Carter
 - ❖ *Inventing a Life: The Journey Through College and Beyond* by Richard McBride
- ◆ Complete a personality inventory and conduct an interpretation session. Perhaps the MBTI with text study such as *Do What You Are* by Paul & Barbara Tieger or *Looking at Type and Spirituality* by Sandra Hirsh and Jane Kise. This is an opportunity for Career Services and/or Counseling Center collaboration.
- ◆ Have students complete “Finding your vocational fit” worksheet and discuss at a class or one-on-one meeting. [worksheet available with supplementary resources]

- ◆ Administer a career inventory. This is an opportunity to collaborate with Career Services.

Freshman Year, cont'd.

- ◆ Dialogue intentionally about service site ~ consider a student's vocational interest when making the placement.
- ◆ Watch a movie with a vocation-oriented theme and follow-up with a discussion. [Vocational Discernment Through Film available with supplementary resources]
- ◆ Use *Lifekeys: Discovering Who You Are, Why You're Here and What You Do Best* by Jane Kise (workbook) as a class study.
- ◆ Facilitate training modules during class meetings/retreats to enhance self-awareness:
 - ❖ Board of Directors
 - ❖ Personal Vision: Articulating One
 - ❖ So What Do You Do?
 - ❖ Two Choices
 - ❖ River Stories: A Team-Building Activity
 - ❖ Mission Possible: Creating a Personal Mission Statement

EXPERIENCE: Sophomore Year

- ◆ Explore available careers in each of the common commitments.
- ◆ Take service trips and promote experiential learning.
- ◆ Continue to ask questions, especially "why"?
- ◆ Create identify collages. Have students use words and pictures to answer questions such as "who am I?" and "what do I like to do?"
- ◆ Watch a movie with a vocation-oriented theme and follow-up with a discussion. [Vocational Discernment Through Film available with supplementary resources]
- ◆ Introduce mentoring:
 - ❖ *Connecting: The Mentoring Relationships You Need to Succeed in Life* by Paul Stanley
 - ❖ *Athena's Disguises: Mentors in Everyday Life* by Susan Ford Wiltshire
 - ❖ Identify a mentor ~ mentoring reception or dinner
- ◆ Create a class learning/reading circle. You may wish to use one of the following:
 - ❖ *How to Find Your Mission in Life* by Richard Bolles

❖ *If Jesus Were a Sophomore: Discipleship for College Students* by Bruce Main

Sophomore Year, cont'd.

- ◆ Plan a Sophomore Recommitment activity:
 - ❖ “Guided Reflections for Recommitment” is tool for group or individual use [worksheet available with supplementary resources]
- ◆ Facilitate training modules during class meetings/retreats to enhance self-awareness:
 - ❖ Building a Personal Network
 - ❖ So, What Do You Do?
 - ❖ Personal Vision: Articulating One
 - ❖ Mission Possible: Creating a Personal Mission Statement

EXAMPLE: Junior Year

- ◆ Organize an “uncommon careers” week.
- ◆ Connect liberal arts majors to non-profit opportunities.
- ◆ Conduct Information interview with advisors and practitioners in the student’s field of study on “what role does service play in your life?”
- ◆ Create mentorships. Perhaps Bonners can connect with alumni via e-mail.
- ◆ Explore how developed their passion for service. What are their likes, gifts, skills, and preferences? The “River Walk” module is a good resource for visual signposting.
- ◆ Invite Bonner alumni to serve on alumni panel or invite them to an alumni dinner.
- ◆ Watch a movie with a vocation-oriented theme and follow-up with a discussion. [Vocational Discernment Through Film available with supplementary resources]
- ◆ Create a class learning/reading circle. You may wish to use one of the following:
 - ❖ *Let Your Life Speak: listening to the voice of vocation* by Parker Palmer
 - ❖ *Tuesdays with Morrie* by Mitch Albom
 - ❖ *Crossing the Jordan: Meditations on Vocation* by Sam Portaro
 - ❖ *Mentoring: How to develop successful mentoring behaviors* by Gordon F. Shea
- ◆ Plan a Renewal Retreat or Vocation Workshop:
 - ❖ “Life After Berea: Vocation, Faith, and Work” [Berea College]
 - ❖ *Getting a Life: How to Find Your True Vocation* by Renee M. LaReau

- ❖ *The Way of Life: A Theology of Christian Vocation* by Gary Badcock
- ❖ *Common Fire: Leading Lives of Commitment in a Complex World* by Laurent Parks Daloz, Cheryl Keen, James Keen, Sharon Daloz Parks
- ❖ “Contemplation and Discernment Retreat” [Sample schedule available with supplementary resources]

Junior Year, cont’d.

- ◆ Facilitate training modules during class meetings/retreats to enhance self-awareness:
 - ❖ The Bridge Builder
 - ❖ Building a Personal Network
 - ❖ Building Career Networks: An Introduction
 - ❖ Exploring Non-Profit Careers
 - ❖ Seeing Through Employer’s Eyes: Group Resume Game
 - ❖ Hearing the Call: Listening to Your Inner Voice
 - ❖ *Tuesdays with Morrie*
 - ❖ Writing a Resume

EXPERTISE: Senior Year

- ◆ Implement a capstone experience. Tie vocational discernment in with making meaning of the Bonner experience, looking back as well as looking ahead.
- ◆ Connect “head” to “heart” by joining career development with vocational discernment. Utilize the expertise of Career Services professionals.
- ◆ Write job descriptions based on life passion. Use this as point of comparison with the types of positions students are considering in their job searches.
- ◆ Connect alumni with senior Bonners. Talk about genuine life experiences and provide affirmation of a variety of paths and directions.
- ◆ Converse realistically about post-grad life. Dispel myths and give permission for students to struggle, fail, and to keep in close contact with us.
- ◆ Watch a movie with a vocation-oriented theme and follow-up with a discussion. [Vocational Discernment Through Film available with supplementary resources]
- ◆ Empower students to find jobs working for the common good:
 - ❖ “Weaving our lives into a meaningful whole” [Berea College workshop]
 - ❖ *How to Find the Work You Love* by Laurence Boldt
- ◆ Create a class learning/reading circle. You may wish to use one of the following:
 - ❖ *Making a Living While Making a Difference: A Guide to Creating Careers with a*

Conscience by Melissa Everett

❖ *If Jesus Were a Senior: Last Minute Preparations for Post-College Life* by Bruce Main

- ◆ Write “thank-you” notes to mentors and others who have positively impacted them.

Senior Year, cont’d.

- ◆ Offer a variety of career preparation activities:
 - ❖ Interview etiquette: dress, dining, handshakes, etc. This is an opportunity to collaborate with Career Services.
 - ❖ Mock interviews. Utilize Career Services staff, Bonner Community Partners, and/or Alumni.
 - ❖ Dressing for work and dressing for a casual Friday. This is an opportunity for Career Services, Bonner Community Partners, and/or Alumni collaborations.
 - ❖ How to use “on line” resources. This is another opportunity to partner with Career Services.
 - ◆ “Idealist.org Roadmap” [available with supplementary resources]
- ◆ Attend or sponsor non-profit career fair or graduate school fair. Collaborations with Career Services, Service Learning Center, or Idealist.org are encouraged.
- ◆ Conduct Senior Presentations of Learning:
 - ❖ “Senior Capstone Guidelines” [Berry College]
 - ❖ “Note Quite a Box Project” [Davidson College]
 - ❖ “Senior Capstone Program” [Mars Hill College]
 - ❖ “Senior Capstone Presentation” [Union College]
- ◆ Facilitate training modules during class meetings/retreats to enhance self-awareness:
 - ❖ Board of Directors
 - ❖ Exploring Non-Profit Careers
 - ❖ Interviewing: An Introduction to the Art of It
 - ❖ So What Do You Do?
 - ❖ Last Words: Reflections on My Life
 - ❖ Hearing the Call: Listening to Your Inner Voice