

OFFICE OF CAREER SERVICES

ROARING INTO YOUR FUTURE

PHASE 1: WELCOME TO THE
CAREER JUNGLE



WELCOME TO THE CAREER JUNGLE
AT GOVERNORS STATE UNIVERSITY
EXPLORATION, DISCOVERY, EXPERIENCE, PRESENTATION



A MESSAGE FROM THE DIRECTOR OF CAREER SERVICES

Dear GSU student,

The wondrous world of careers, passions, and personal quests awaits from the moment you enroll in class at Governors State University, and our Career Services team is available to help you navigate every path that leads to Destination Success!

To assist in facilitating your journey, we are excited to provide this career readiness guidebook as you begin planning for your career. Remember, the Office of Career Services can assist you with the following:

- Analyzing your strengths, values, personality, and skills.
- Showcasing highly sought-after career readiness competencies for career success.
- And transforming your experiences, interests, and goals into a satisfying career path.

JOBS FOR JAGUARS

We strongly encourage you to use Jobs for Jaguars, powered by Handshake. Through Jobs for Jaguars, you can search for on and off-campus employment opportunities and internships. Additionally, you can research employers and learn about career-related events.

CAREER/MAJOR EXPLORATION

Many students often ponder which major or career field to choose. GSU is dedicated to assisting you in making informed career decisions. For this reason, we offer a variety of online resources, including “What Can I Do with This Major?”, Vault, O*NET, and Parker Dewey. We encourage you to explore the various resources on our website: <https://www.govst.edu/CampusLife/CareerServices/>.

New Career Development Course Coming Soon!

We will be offering a for-credit academic workshop focusing on strengthening career readiness competencies to ensure you are career-ready upon graduation.

As you navigate this Guidebook, you will notice we have included information on the National Association of Colleges and Employers’ eight career competencies. These competencies are crucial to workplace success. For more information on these competencies, please review page of this Guidebook.

The Career Services Team is excited to assist you throughout your career development journey.

To book an appointment, please call the office at 708-235-3974. Please note that we offer some evening appointments from 5:00-7:00 p.m. Additionally, we offer in-person and virtual appointments to accommodate your busy life better. We look forward to seeing you in our office soon!

Best,

Darcie Campos

Darcie Campos
Executive Director, Office of Career Services



4-YEAR CAREER COMPASS

The 4-Year Career Compass program is a step-by-step program that guides students through the process of choosing a major, finding a career, and landing a job. The program is broken down into four stages: freshman year, sophomore year, junior year, and senior year.

Freshman year focuses on exploration. Students are encouraged to meet with a career counselor to discuss their career goals and take assessments to identify their interests, skills, and values. They should also explore the “What Can I Do With This Major?” resource and pursue summer jobs or volunteer opportunities related to their interests.

Sophomore year focuses on discovery. Students should again meet with a career counselor to discuss their major and how it relates to the world of work. They should begin to develop their resume and consider taking a career exploration class if they are undecided on a major.

Junior year focuses on experience. Students are encouraged to gain professional experience through internships, part-time jobs, and on-campus employment. They should also continue to volunteer and build their professional network by joining professional associations.

Senior year focuses on presentation. Students should meet with a career counselor to develop a job search strategy and attend career services workshops. They should tailor their resume and cover letter to each job they apply for and begin building a strong online presence by developing a LinkedIn profile.

For more information visit <https://www.govst.edu/CampusLife/CareerServices/4-YearCareerCompass/>



MEET YOUR GUIDE JAX THE JAGUAR

Grrr-eatings, fellow Jaguars!

Jax here, your fearless mascot and official career guide. Welcome to the wild and wonderful world of career exploration! I'm stoked to lead you through this jungle adventure, where we'll uncover your hidden talents, map out your dreams, and set you on a path to roaring success.

Think of me as your personal career sherpa, guiding you through the twists and turns, helping you climb to new heights, and celebrating every victory along the way. Just like a jaguar stalking its prey, we'll be honing your instincts, sharpening your skills, and preparing you to pounce on the opportunities that await.

So, grab your compass (aka any one of the workbooks) and let's get started! This is your chance to explore the vast and diverse jungle of possibilities, discover your true calling, and create a future that's uniquely yours. Are you ready to ROAR into your career? Let's go!

Your Personal Jungle Survival Kit:

Think of these workbooks as your ultimate toolkit for navigating the career jungle. They're packed with self-assessments, exercises, and reflections to help you:

- **Your Natural Habitat:** Discover your unique strengths, passions, and values.
- **Explore the Terrain:** Explore a wide range of career possibilities and find your perfect fit.
- **Set Your Compass:** Define your goals and create a roadmap for your future.
- **Embark on Your Jungle Trek:** Take action to achieve your career dreams.
- **Track Your Progress in Your Jungle Journal:** Celebrate your wins and adjust your course as needed.

How to Get the Most Out of Your Workbooks:

- **Be Honest and Reflective:** Don't hold back! The more honest you are with yourself, the more valuable your insights will be.
- **Be Open to New Possibilities:** Keep an open mind as you explore different career paths. You might be surprised by what you discover.
- **Take Action:** Don't just read the workbooks – take action! Complete the exercises, follow the Jungle Treks, and track your progress.
- **Seek Guidance:** If you need help or have questions, don't hesitate to reach out to the career services office at Governors State University.

Now, let's talk about two tools you'll find throughout the workbooks to help you navigate your career jungle adventure: **Jungle Journals** and **Jungle Treks**.

Jungle Journal:

Think of your Jungle Journal as your personal expedition log. It's where you'll jot down your thoughts, reflections, and discoveries as you explore your interests, values, skills, and career options.

• Why keep a Jungle Journal?

- o **Track Your Progress:** It's like leaving paw prints along your journey, so you can see how far you've come.
- o **Reflect and Learn:** By writing down your experiences, you'll gain deeper insights into yourself and your goals.
- o **Celebrate Your Wins:** Every jaguar roar deserves to be recorded! Note your accomplishments and what you've learned along the way.
- o **Stay Motivated:** Looking back on your journal entries can remind you of why you started this journey and keep you inspired.

Jungle Trek:

This is where the action happens! Your Jungle Trek is all about taking concrete steps to move you closer to your career goals. After each self-assessment or reflection, you'll find a Jungle Trek section with specific action items to help you apply what you've learned.

• Why embark on a Jungle Trek?

- o **Put Your Knowledge into Action:** It's not enough to just understand yourself; you have to take action to achieve your goals.
- o **Build Momentum:** Each step you take builds confidence and propels you forward.
- o **Navigate Obstacles:** Just like a jaguar navigates the jungle, you'll learn to overcome challenges and stay on track.

Remember: Your career journey is unique. There's no one-size-fits-all path. These workbooks are your personal guide, designed to help you blaze your own trail through the jungle and achieve roaring success! Listen up, Jaguars! Next, I will give you the lowdown on some key terms you'll encounter on our career jungle adventure. Think of this as your "Jungle Jargon Dictionary" – essential knowledge to help you navigate the wild world of career planning.

CAREER DEVELOPMENT PROCESS: YOUR PERSONAL JUNGLE TREK

Imagine your career journey as a thrilling trek through the jungle. The career development process is your road-map, guiding you through the twists and turns, helping you discover hidden paths, and ultimately leading you to your dream destination.

- **What is it?** It’s a lifelong journey of self-discovery, exploration, and growth. It’s about figuring out who you are, what you’re passionate about, and what you want to achieve in your professional life.
- **Why does it matter?** By actively engaging in this process, you’ll gain the knowledge and skills you need to make informed decisions about your education, career path, and professional development.
- **The Steps:**
 1. **Self-Assessment:** Uncover your strengths, weaknesses, interests, values, and skills. (Remember our jungle exploration in Phase 1?)
 2. **Career Exploration:** Research different career options and industries to see what sparks your interest.
 3. **Decision Making & Goal Setting:** Based on your exploration, set SMART goals (Specific, Measurable, Achievable, Relevant, Time-bound) and create a plan to reach them.
 4. **Taking Action:** Put your plan into motion! This might involve pursuing further education, gaining experience through internships or volunteering, or networking with professionals in your field.
 5. **Review & Adjust:** Your career journey isn’t a straight line. Regularly assess your progress, adjust your goals as needed, and celebrate your victories along the way!

CAREER EXPLORATION: YOUR JUNGLE SAFARI

This is the fun part! Career exploration is like a jungle safari, where you get to observe different species (careers), learn about their habitats (industries), and see how they interact with the environment (workplace culture).

- **What is it?** It’s the process of researching and learning about different career paths to discover what aligns with your interests, skills, and values.
- **Why does it matter?** It helps you avoid the “wrong path” syndrome – that feeling of being stuck in a career that doesn’t fulfill you.
- **How to do it:**
 - o **Research:** Read articles, watch videos, and explore online resources like the Occupational Outlook Handbook (<https://www.bls.gov/ooh/>).
 - o **Talk to People:** Network with professionals in different fields. Ask them about their day-to-day work, challenges, and rewards.
 - o **Job Shadowing/Internships:** Get hands-on experience to see what a particular career is really like.

CAREER PLANNING: MAPPING YOUR ROUTE

Once you’ve explored your options, it’s time to create your career roadmap. This is where you’ll set your destination and plan the steps you’ll take to get there.

- **What is it?** It’s a strategic process of setting goals, identifying the skills and knowledge you need, and developing a timeline for your career progression.
- **Why does it matter?** It helps you stay focused, motivated, and on track to achieve your long-term career aspirations.
- **How to do it:**
 - o **Set SMART Goals:** Make sure your goals are specific, measurable, achievable, relevant, and time-bound.
 - o **Identify Action Steps:** Break down your goals into smaller, manageable tasks.
 - o **Create a Timeline:** Set deadlines for yourself and track your progress.

CAREER READINESS: YOUR JUNGLE SURVIVAL KIT

This is your ultimate tool kit for thriving in the professional wilderness. Think of it as the essential gear you need to navigate the challenges and opportunities that come your way.

- **What is it?** The National Association of Colleges and Employers (NACE) defines career readiness as “the attainment and demonstration of requisite competencies that broadly prepare college graduates for a successful transition into the workplace.”
- **Why does it matter?** Being career-ready means you have the skills and knowledge that employers are looking for, making you a more competitive candidate.

COMPETENCIES FOR A CAREER-READY WORKFORCE



CAREER & SELF-DEVELOPMENT

Proactively develop oneself and one’s career through continual personal and professional learning, awareness of one’s strengths and weaknesses, navigation of career opportunities, and networking to build relationships within and without one’s organization.

SAMPLE BEHAVIORS OF CAREER & SELF-DEVELOPMENT IN CAREER-READY GRADUATES

- Identify areas for continual growth while pursuing and applying feedback.
- Develop plans and goals for one’s future career.
- Display curiosity, ask appropriate questions; seek out opportunities to learn.
- Assume duties or positions that will help one progress professionally.
- Establish, maintain, and/or leverage relationships with people who can help one professionally.



COMMUNICATION

Clearly and effectively exchange information, ideas, facts, and perspectives with persons inside and outside of an organization.

SAMPLE BEHAVIORS OF COMMUNICATION IN CAREER-READY GRADUATES:

- Employ active listening, persuasion, and influencing skills.
- Communicate in a clear and organized manner so that others can effectively understand.
- Frame communication with respect to the diversity of learning styles, varied individual communication abilities, and cultural differences.
- Ask appropriate questions for specific information from supervisors, specialists, and others.
- Promptly inform relevant others when needing guidance with assigned tasks.
- Communicate through industry-specific tech tools in a way that meets organization and supervisor expectations.



CRITICAL THINKING

Identify and respond to needs based on an understanding of situational context and logical analysis of relevant information.

SAMPLE BEHAVIORS OF CRITICAL THINKING IN CAREER-READY GRADUATES:

- Make decisions and solve problems using sound, inclusive reasoning, and judgment.
- Proactively anticipate needs and prioritize action steps.
- Accurately summarize and interpret data with an awareness of personal biases that may impact outcomes.
- Effectively communicate actions and rationale, recognizing the diverse perspectives and lived experiences of stakeholders.

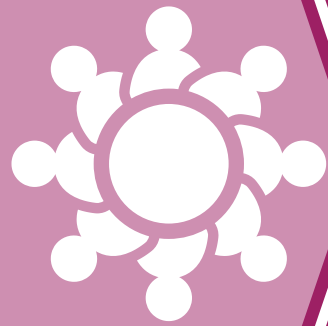


LEADERSHIP

Recognize and capitalize on personal and team strengths to achieve organizational goals.

SAMPLE BEHAVIORS OF LEADERSHIP IN CAREER-READY GRADUATES:

- Inspire, persuade, and motivate self and others under a shared vision.
- Use innovative thinking to go beyond traditional methods.
- Serve as a role model to others by approaching tasks with confidence and a positive attitude.
- Motivate and inspire others by encouraging them and by building mutual trust.
- Plan, initiate, manage, complete, and evaluate projects.



EQUITY & INCLUSION

Demonstrate the awareness, attitude, knowledge, and skills required to engage equitably and include people from different local and global cultures. Engage in anti-racist practices that actively challenge the systems, structures, and policies of racism.

SAMPLE BEHAVIORS OF EQUITY & INCLUSION IN CAREER-READY GRADUATES:

- Solicit and use feedback from multiple cultural perspectives to make inclusive and equity-minded decisions.
- Seek global cross-cultural interactions and experiences that enhance one's understanding of people from different demographic groups and that lead to personal growth.
- Keep an open mind to diverse ideas and new ways of thinking.
- Identify resources and eliminate barriers from individual and systemic racism, inequities, and biases.
- Demonstrate flexibility by adapting to diverse environments.
- Address systems of privilege that limit opportunities for members of historically marginalized communities.



PROFESSIONALISM

Knowing work environments differ greatly, understanding and demonstrating effective work habits, and acting in the interest of the larger community and workplace.

SAMPLE BEHAVIORS OF PROFESSIONALISM IN CAREER-READY GRADUATES:

- Maintain a positive personal brand in alignment with organization and personal career values.
- Be present and prepared.
- Demonstrate dependability (e.g., report consistently for work or meetings).
- Prioritize and complete tasks to accomplish organizational goals.
- Consistently meet or exceed goals and expectations.
- Have an attention to detail, resulting in few errors in work.
- Show a high level of dedication toward doing a good job.

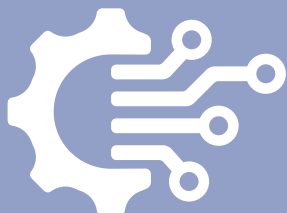


TEAMWORK

Build and maintain collaborative relationships to work effectively toward common goals while appreciating diverse viewpoints and shared responsibilities.

SAMPLE BEHAVIORS OF TEAMWORK IN CAREER-READY GRADUATES:

- Listen carefully to others, taking time to understand and ask appropriate questions without interrupting.
- Effectively manage conflict, interact with and respect diverse personalities, and meet ambiguity with resilience.
- Be accountable for individual and team responsibilities and deliverables.
- Employ personal strengths, knowledge, and talents to complement those of others.
- Exercise the ability to compromise and be agile.
- Collaborate with others to achieve common goals.
- Build strong, positive working relationships with supervisor and team members/co-workers.



TECHNOLOGY

Understand and leverage technologies ethically to enhance efficiencies, complete tasks, and accomplish goals.

SAMPLE BEHAVIORS OF TECHNOLOGY IN CAREER-READY GRADUATES:

- Navigate change and be open to learning new technologies.
- Use technology to improve efficiency and productivity of work.
- Identify appropriate technology for completing specific tasks.
- Manage technology to integrate information to support relevant, effective, and timely decision-making.
- Quickly adapt to new or unfamiliar technologies.

Reprinted courtesy of the [National Association of Colleges and Employers](#).

There you have it, Jaguars! With this “Jungle Jargon Dictionary” under your belt, you’re well on your way to conquering the career wilderness. So, what are you waiting for? Grab your pen, put on your explorer hat, and let me guide you through this exciting jungle adventure! With your determination and my guidance, you’re sure to achieve roaring success.



DISCOVERING YOUR NATURAL HABITAT – SELF-ASSESSMENT

Just like a jaguar knows its natural habitat, it’s important to understand yourself – your values, strengths, and what motivates you. This section will help you uncover the unique landscape of your skills and interests.

THE JUNGLE’S COMPASS – VALUES & BELIEFS

Your core values are like the sturdy roots of a jungle tree, providing a solid foundation for your life and career. This exercise will help you identify the values that guide your decisions and actions.

JUNGLE QUEST: IDENTIFYING YOUR VALUES, BELIEFS & INFLUENCES

Step 1: Value Exploration

Review the list below and check any values that resonate with you. Feel free to add your own values that aren’t on the list.

Adventure	Financial Security	Kindness	Responsibility
Ambition	Freedom	Knowledge	Service
Authenticity	Friendship	Leadership	Spirituality
Balance	Growth	Learning	Stability
Community	Health	Loyalty	Success
Compassion	Honesty	Open-mindedness	Teamwork
Creativity	Humor	Optimism	Tradition
Curiosity	Independence	Personal Development	Trust
Diversity	Innovation	Power	Wealth
Empathy	Integrity	Recognition	Wisdom
Family	Justice	Respect	

Step 2: Value Prioritization
From the values you checked, choose your top 10. Now, rank them in order of importance, with 1 being the most important.

- Step 3: Reflection Questions**
- What do your top 3 values mean to you? Why are they so important?
 - Can you think of specific examples of how you’ve demonstrated these values in your life?
 - How do your values influence your decisions and actions on a daily basis?
 - Are there any conflicts or tensions between your values? How do you manage them?
 - In what ways do you want your values to shape your career path?

- JUNGLE TREK: ALIGNING YOUR VALUES WITH YOUR LIFE**
- Create a Values Statement:** Write a brief statement that summarizes your core values. Use this statement as a guide for your decision-making.
 - Evaluate Your Choices:** When faced with a decision, ask yourself, “Does this choice align with my values?” If not, reconsider your options.
 - Seek Alignment:** Look for opportunities in your personal and professional life that allow you to live your values.
 - Communicate Your Values:** Share your values with others. This will help you attract people and opportunities that are aligned with what’s important to you.

By completing this Jungle Reflection and taking the Jungle Trek action steps, you’ll gain clarity on your core values and be better equipped to make decisions that are aligned with what’s truly important to you.

- Beliefs Inventory:**
- Work and Success:**
 - I believe that hard work is the key to success. Strongly Agree Agree Neutral Disagree Strongly Disagree
 - Talent and natural ability are more important than effort. Strongly Agree Agree Neutral Disagree Strongly Disagree
 - It’s important to find a job that aligns with my personal values. Strongly Agree Agree Neutral Disagree Strongly Disagree

- Making a lot of money is the most important factor in choosing a career. Strongly Agree Agree Neutral Disagree Strongly Disagree
- Work should be challenging and allow me to learn and grow. Strongly Agree Agree Neutral Disagree Strongly Disagree

- 2. Worldview:**
- I believe that people are inherently good. Strongly Agree Agree Neutral Disagree Strongly Disagree
 - The world is a competitive place where you have to look out for yourself. Strongly Agree Agree Neutral Disagree Strongly Disagree
 - It’s important to give back to the community and make a difference. Strongly Agree Agree Neutral Disagree Strongly Disagree
 - Success is about achieving personal goals, regardless of how it affects others. Strongly Agree Agree Neutral Disagree Strongly Disagree
 - We have a responsibility to protect the environment and create a sustainable future. Strongly Agree Agree Neutral Disagree Strongly Disagree

- Influence Exploration:**
- People:**
 - List 3-5 people who have significantly influenced your beliefs about work, success, and the world.
 - For each person, describe how they influenced you.

- Experiences:**
 - Describe 2-3 experiences (positive or negative) that have shaped your beliefs.
 - Explain how these experiences have impacted your perspective.

- Culture & Media:**
 - What cultural or societal messages have you absorbed about work, success, and the world? (Think about your family, community, religion, books, movies, etc.)
 - How have these messages influenced your beliefs?

- JUNGLE JOURNAL: REFLECTION AND ANALYSIS**
- Review your responses to the beliefs inventory. Do any patterns emerge? Yes No
 - Identify your strongest beliefs. Which ones are most important to you?

- Reflect on the people, experiences, and cultural influences that have shaped your beliefs.
- Consider whether any of your beliefs are limiting your potential. Are there any beliefs you want to challenge or change?

JUNGLE TREK: CHALLENGING AND STRENGTHENING YOUR BELIEFS

- For each limiting belief you identified, write down a more empowering belief that you can adopt.
- Create affirmations that reinforce your positive beliefs and repeat them daily.
- Seek out mentors, role models, or communities that support your values and beliefs.
- Engage in discussions with people who hold different perspectives to broaden your understanding.

THE JAGUAR’S INSTINCT – WORK VALUES

Every jaguar has natural instincts that guide its actions. Just as jaguars instinctively seek environments that suit their needs, you have unique work values that guide your career choices. This assessment will help you uncover the rewards you value most in a work setting.

JUNGLE EXPLORATION: DISCOVERING YOUR WORK VALUES

Rate each value on a scale of 1-5, with 1 being “Not important at all” and 5 being “Extremely important”:

Intrinsic Rewards (Internal Satisfaction):

- **Achievement:** Accomplishing goals and exceeding expectations.
- **Autonomy/Independence:** Having freedom and control over your work.
- **Creativity:** Using your imagination and coming up with new ideas.
- **Growth & Development:** Continuously learning and expanding your skills.
- **Intellectual Stimulation:** Engaging in mentally challenging work.
- **Making a Difference:** Feeling like your work has a positive impact on others or the world.
- **Recognition:** Receiving praise and acknowledgement for your contributions.
- **Variety:** Experiencing different tasks and challenges in your work.

Extrinsic Rewards (External Benefits):

- **High Salary:** Earning a substantial income.
- **Job Security:** Having a stable and reliable job.
- **Prestige:** Working in a well-respected field or company.
- **Benefits (e.g., health insurance, paid time off):** Receiving additional perks beyond your salary.
- **Work-Life Balance:** Having time for personal activities and commitments outside of work.
- **Collaboration:** Working closely with a team or colleagues.
- **Leadership Opportunities:** Having the chance to lead and manage others.
- **Physical Work Environment:** Working in a comfortable and aesthetically pleasing space.

JUNGLE JOURNAL: REFLECTION AND PRIORITIZATION

- Review your ratings. Which values scored the highest? These are your top priorities.

- Choose your top 5 work values.
- Reflect on why these values are important to you. What needs or desires do they fulfill?
- Think about how your values have influenced your past job choices or educational decisions.
- Consider how your values might guide your future career decisions.

JUNGLE TREK: ALIGNING YOUR VALUES WITH YOUR WORK

- Research companies or organizations that are known for fostering your top values.
- During job interviews, ask questions to assess whether the company’s culture aligns with your values.
- Look for opportunities within your current job to satisfy your most important values.
- If your current job doesn’t align with your values, consider making a change.

By completing this Jungle Exploration and taking the Jungle Trek action steps, you’ll gain clarity on your work values and be better equipped to find a fulfilling career path.

STRENGTH OF THE JAGUAR – SKILLS & STRENGTHS

Jaguars possess an incredibly diverse range of survival and thriving skills. You, too, have a unique set of abilities that make you stand out. This part is about recognizing your own strengths and accomplishments.

JUNGLE PROWESS INVENTORY: UNVEILING YOUR SKILLS & STRENGTHS

Rate each skill on a scale of 1-5, with 1 being “Not skilled at all” and 5 being “Highly skilled”:

Technical Skills:

- Computer programming & software development
- Data analysis and statistics
- Project management
- Technical writing
- Engineering and design
- Financial analysis
- Marketing and sales
- Healthcare and medical knowledge
- Foreign language proficiency

Transferable Skills (Soft Skills):

- Communication (verbal and written)
- Problem-solving and critical thinking
- Leadership and teamwork
- Creativity and innovation
- Adaptability and flexibility
- Time management and organization
- Interpersonal skills and relationship building
- Negotiation and conflict resolution
- Research and information gathering
- Public speaking and presentation skills

JUNGLE JOURNAL: REFLECTION AND RECOGNITION

- Review your ratings. Which skills scored the highest? These are your strengths.

- Reflect on times when you’ve successfully utilized these skills. What were the outcomes?

- Think about how your strengths have helped you overcome challenges or achieve goals.

- Consider how your strengths might translate into a fulfilling career.

JUNGLE TREK: HONING YOUR STRENGTHS

- 1. **Showcase Your Skills:** Update your resume and online profiles to highlight your strengths.
- 2. **Seek Opportunities:** Look for jobs or projects that allow you to utilize and further develop your strengths.
- 3. **Continue Learning:** Take courses, attend workshops, or find mentors to enhance your skills.
- 4. **Share Your Expertise:** Offer to mentor others or volunteer your skills to help your community.

Jax’s Tips:

- **Accomplishments:** List your proudest achievements, both personal and professional. What skills did you use to accomplish them?

- **Feedback:** Ask friends, family, colleagues, or mentors for feedback on your strengths.
- **Self-Reflection:** Reflect on your values and interests. What skills do you enjoy using the most?

By completing this Jungle Prowess Inventory and taking the Jungle Trek action steps, you’ll gain a deeper understanding of your skills and strengths, empowering you to make confident career choices.

SHADOWS IN THE JUNGLE – WEAKNESSES & BARRIERS

Even in the lush jungle, there are shadows. This part encourages you to honestly assess your weaknesses and any potential obstacles in your career path. You’ll then develop strategies to overcome these challenges.

JUNGLE REFLECTION: IDENTIFYING WEAKNESSES & BARRIERS

Weakness Inventory:

Rate each area on a scale of 1-5, with 1 being “Not a weakness” and 5 being “A significant weakness”:

- | | |
|---------------------------------------|---|
| • Communication (verbal or written) | • Networking and relationship building |
| • Organization and time management | • Adaptability and flexibility |
| • Leadership and delegation | • Attention to detail |
| • Public speaking and presentation | • Technical skills (e.g., computer software, program- |
| • Problem-solving and decision-making | ming) |

Skills and Knowledge:

Personal Characteristics:

Barrier Exploration:

Reflect on the following potential barriers and rate their impact on your career path on a scale of 1-5, with 1 being “No impact” and 5 being “Significant impact”:

- | | |
|-------------------------------------|-------------------------------------|
| • Self-confidence and assertiveness | • Managing stress and anxiety |
| • Procrastination and motivation | • Working independently |
| • Impatience or impulsiveness | • Working collaboratively in a team |
| • Perfectionism and fear of failure | • Handling conflict |
| • Taking criticism and feedback | |

- **Financial constraints:** Limited funds for education, training, or job search expenses.
- **Lack of experience or qualifications:** Feeling underqualified for desired positions.
- **Limited network:** Lack of connections in your field of interest.
- **Discrimination:** Facing challenges related to your race, gender, ethnicity, age, or other factors.
- **Family responsibilities:** Balancing caregiving or other family obligations with career goals.
- **Geographic limitations:** Limited job opportunities in your desired location.
- **Health issues:** Physical or mental health challenges affecting your ability to work.
- **Lack of clarity or direction:** Feeling unsure about your career path or goals.

JUNGLE JOURNAL: REFLECTION AND ANALYSIS

- Review your ratings. Which areas are your biggest weaknesses or challenges?

- Think about specific examples of when these weaknesses have hindered your progress.

- Consider the underlying causes of your weaknesses. Are they due to a lack of knowledge, experience, or confidence?

- Reflect on the barriers you identified. What steps could you take to overcome them?

JUNGLE TREK: OVERCOMING OBSTACLES

- 1. **Address Your Weaknesses:** Create a plan to develop your skills and address your weaknesses. This might involve taking courses, seeking mentorship, or practicing new behaviors.
- 2. **Seek Support:** Reach out to friends, family, mentors, or career counselors for guidance and support in overcoming your challenges.
- 3. **Develop Strategies:** For each barrier you identified, brainstorm potential solutions or ways to mitigate its impact.
- 4. **Focus on Your Strengths:** While addressing your weaknesses, don’t forget to leverage your strengths to your advantage.

By completing this Jungle Reflection and taking the Jungle Trek action steps, you’ll gain a clearer understanding of your weaknesses and barriers, allowing you to proactively address them and move forward on your career path. Remember, even the strongest jaguars face challenges, but with self-awareness and a plan, you can overcome any obstacle.

LEARNING YOUR WAY – LEARNING STYLES & BRAIN DOMINANCE

Just as jaguars have unique hunting strategies, you have a preferred way of learning and processing information. Understanding your learning style and brain dominance can help you tailor your approach to education and work, maximizing your potential.

JUNGLE LEARNING EXPEDITION: DISCOVERING YOUR STYLE

Learning Style Inventory

For each statement, check the response that best describes you:

1. I learn best by:

Seeing (visual)

Hearing (auditory)

Doing (kinesthetic)
2. When trying to remember something, I often:

Picture it in my mind.

Repeat it out loud.

Write it down or act it out.
3. In a classroom or meeting, I prefer to:

Take notes and see diagrams.

Listen to lectures and discussions.

Participate in activities and experiments
4. When reading a book, I like to:

Underline or highlight important points.

Listen to an audiobook version.

Pace around or fidget while reading
5. When solving a problem, I tend to:

Visualize the solution.

Talk it through with someone.

Use trial and error to find the answer.

Brain Dominance Questionnaire

Check the traits that best describe your tendencies:

- Logical vs. Intuitive

Verbal vs. Non-verbal

Objective vs. Subjective
- Analytical vs. Creative

Linear vs. Holistic

Detail-oriented vs. Big-picture focused
- Sequential vs. Random

Factual vs. Imaginative

JUNGLE JOURNAL: REFLECTION AND ADAPTATION

- Based on your responses, what is your dominant learning style (visual, auditory, kinesthetic)?

• Do you lean more towards left-brain or right-brain dominance? Or do you have a balance of both?

• Reflect on how your learning style and brain dominance have influenced your past learning experiences.

• Consider how you can adapt your learning and work strategies to better suit your preferences.

JUNGLE TREK: OPTIMIZING YOUR LEARNING AND WORK

1. Tailor Your Approach:

• Visual learners: Use diagrams, charts, and images to reinforce information.

• Auditory learners: Record lectures, participate in discussions, and explain concepts aloud.

• Kinesthetic learners: Take breaks to move around, use hands-on activities, and apply concepts in real-world scenarios.
2. Leverage Your Strengths:

• Left-brain dominant: Focus on tasks that require logic, analysis, and organization.

• Right-brain dominant: Seek opportunities for creative problem-solving, innovation, and big-picture thinking.
3. Experiment and Adapt:

• Don't be afraid to try new learning techniques and discover what works best for you.

• By completing this Jungle Learning Expedition and taking the Jungle Trek action steps, you'll gain a deeper understanding of your learning style and brain dominance, empowering you to optimize your learning and work experiences.

Jax's Tip: Learning Style-Tailored Studying Strategies

1. Visual Learners:

• Use color-coded notes and highlighters to organize information.

• Create mind maps, flowcharts, or diagrams to visualize concepts.

• Watch educational videos or tutorials to reinforce learning.

• Use flashcards with visuals or images to aid memorization.

• Utilize graphic organizers and charts to compare and contrast information.
2. Auditory Learners:

• Record lectures or discussions to listen to later for reinforcement.

• Participate in study groups or discussions to verbally process information.

• Use mnemonic devices or rhymes to remember key concepts.

• Listen to podcasts or audiobooks related to your study material.

• Explain concepts aloud to yourself or others to reinforce understanding.
3. Verbal Learners:

• Read aloud or repeat information to enhance retention.

• Write summaries or paraphrase information in your own words.

• Engage in verbal discussions or debates to explore ideas.

• Create mnemonic devices using verbal associations or acronyms.

• Use storytelling techniques to connect concepts and make them memorable.
4. Kinesthetic Learners:

• Engage in hands-on activities or experiments related to your study material.

• Use physical props or models to represent concepts.

• Take frequent breaks during study sessions to move around and stay engaged.

• Practice applying concepts in real-world scenarios or simulations.

• Use tactile learning aids like manipulatives or textured materials to reinforce learning.

These strategies can be adapted and combined based on individual preferences and learning environments to enhance learning outcomes effectively.

PERSONALITY OF A JAGUAR – PERSONALITY TYPE

Just like every jaguar has unique markings and behaviors, you have a distinct personality that influences how you interact with the world and your career choices. Understanding your personality type can unlock valuable insights into your strengths, weaknesses, and ideal work environments.

JUNGLE PERSONALITY SAFARI: MBTI-INSPIRED ASSESSMENT

For each pair of statements, check the one that best describes you:

Energy:

- Extroverted (E): Energized by interacting with others, prefer group work, enjoy being the center of attention.
- Introverted (I): Energized by spending time alone, prefer working independently, enjoy quiet reflection.

Information Gathering:

- Sensing (S): Focus on concrete details and facts, prefer practical solutions, value tradition and experience.
- Intuition (N): Focus on abstract ideas and possibilities, enjoy creative problem-solving, value innovation and change.

Decision Making:

- Thinking (T): Make decisions based on logic and objective analysis, value fairness and justice, prefer to be direct and honest.
- Feeling (F): Make decisions based on personal values and the impact on others, value harmony and empathy, prefer to be tactful and supportive.

Lifestyle:

- Judging (J): Prefer structure and organization, like to plan ahead, value deadlines and punctuality.
- Perceiving (P): Prefer flexibility and spontaneity, like to keep options open, value adaptability and going with the flow.

Based on your responses, your MBTI personality type is likely:

JUNGLE BEHAVIOR ANALYSIS: DISC-INSPIRED ASSESSMENT

Rate each statement on a scale of 1-5, with 1 being “Rarely” and 5 being “Almost always”:

- Dominance (D):** I am assertive, direct, and results-oriented.
- Influence (I):** I am outgoing, enthusiastic, and optimistic.
- Steadiness (S):** I am patient, supportive, and cooperative.
- Conscientiousness (C):** I am detail-oriented, analytical, and cautious.

Based on your ratings, your dominant DiSC style is likely:

JUNGLE JOURNAL: REFLECTION AND CAREER ALIGNMENT

- Reflect on your MBTI and DiSC results. Do they resonate with how you see yourself?

- Think about how your personality type influences your interactions with others, your work style, and your career preferences.

- Research careers that are known to be a good fit for your personality type.

- Consider how you can leverage your personality strengths in your job search and career development.

JUNGLE TREK: EMBRACING YOUR PERSONALITY

- Self-Acceptance:** Embrace your unique personality traits, both strengths and weaknesses.
- Seek Understanding:** Learn more about your personality type through online resources or books.
- Communicate Your Style:** Share your personality preferences with your colleagues or manager to foster better communication and collaboration.
- Adapt:** While staying true to yourself, be willing to adapt your communication and work style to different situations and people.

By completing these Jungle Safari and Jungle Behavior Analysis assessments and taking the Jungle Trek action steps, you’ll gain a deeper understanding of your personality and how it can impact your career success.

Alright Jaguars, give yourselves a round of applause! You’ve just completed the first leg of our jungle trek – discovering your natural habitat. By now, you should have a pretty good idea of what makes you tick, what gets your tail wagging, and what skills you’ve got hidden up your sleeve.

Think of it like this: you’ve just finished sniffing out your surroundings, marking your territory, and getting a good sense of your strengths and weaknesses. Now, it’s time to start exploring the jungle canopy – the vast landscape of career possibilities that await you!

So, tighten your shoelaces (or paws, in my case), grab your binoculars, and get ready to climb. We’re about to discover a whole new world of opportunity, where your unique skills and passions can truly thrive. Remember, Jaguars:

- This is your adventure. Embrace the unknown and don’t be afraid to try new things.
- Use your Jungle Journal to track your progress and reflect on what you learn.
- Most importantly, have fun! This is your chance to discover what truly excites you and create a career path that’s uniquely yours.

Get ready to ROAR into Phase 2, Jaguars! It’s time to map out the terrain and see where your career journey takes you!

Well, Jaguars, we've reached the end of our epic journey through the career jungle! Give yourselves a mighty roar — you've earned it!

We've covered a lot of ground together, from uncovering your hidden talents and exploring different paths, to mastering the art of the job hunt and conquering the workplace wilderness. I hope this workbook has equipped you with the skills, knowledge, and confidence you need to tackle any challenge that comes your way.



Remember, Jaguars, your career journey is just beginning. The jungle is vast and full of opportunities waiting to be discovered. Keep exploring, keep learning, and never stop chasing your dreams. And if you ever need a little guidance, just remember — Jax the Jaguar is always here to cheer you on!

Now go out there and make your mark on the world, Jaguars! Show them what GSU pride is all about. And don't forget to ROAR with confidence as you take your rightful place at the top of the food chain!

Until next time, keep it wild and stay fierce, Jaguars!