OFFICE OF CAREER SERVICES **ROARING INTO YOUR FUTURE** PHASE 2: MAPPING THE TERRAIN

A CAREER PLANNING WORKBOOK FOR GOVERNORS STATE JAGUARS EXPLORATION, DISCOVERY, EXPERIENCE, PRESENTATION

GOVSTATE





This is where the real adventure begins! Get ready to swing from vine to vine, discovering new paths and hidden treasures you never knew existed. In this section, we'll be your trusty guides as you navigate the vast landscape of college majors and career paths. We'll be mapping out the terrain, sniffing out different career scents, and getting a taste of what's out there. By the time we're done, you'll have a clearer vision of your future and the steps you need to take to make it a reality. Think of it as your personal GPS for the professional world.

MAPPING THE TERRAIN: RESEARCHING MAJORS & CAREERS

Before you can conquer the jungle, you need to know what's out there. Here are some tools to help you explore the vast landscape of majors and careers:

- What Can I Do With This Major?: This handy website breaks down different majors and shows you the diverse career paths they can lead to. It's like having a jungle map that reveals hidden trails and secret watering holes. Check it out at https://whatcanidowiththismajor.com/
- **O*NET Online:** This website is a treasure trove of information on different occupations, including the skills, knowledge, and education you'll need to succeed. It's like having a field guide to the different species in the career jungle. Explore it at https://www.onetonline.org/
- Occupational Outlook Handbook (OOH): This trusty resource from the U.S. Bureau of Labor Statistics provides detailed information on hundreds of occupations, including job outlook, pay, and typical duties. It's like having a seasoned jungle guide who knows all the ins and outs. Find it at https://www.bls.gov/ooh/

JUNGLE JOURNAL: MAPPING MY PATH

Welcome to the heart of the jungle, Jaguars! This is where you'll embark on a quest to discover the major that will ignite your passion and set you on the path to a fulfilling career. Your major isn't just a random selection of classes. It's a stepping stone to your future career. The right major can open doors to exciting opportunities and set you on a path to success. Let's start mapping out your adventure!

Major Exploration Expedition:

Answer the following questions to uncover your interests and preferences: 1. Your Inner Compass:

- What are my top 3 favorite subjects or areas of interest? (e.g., biology, art, history, computer science)
- problems)

2. Navigating the Jungle Paths:

- Major?" to explore options.)
- look, potential salaries, etc.)
- 3. Building Your Dream Den:
- What are my long-term career goals? How does each major potentially support those goals?
- Does a particular major spark my curiosity and excitement?

• What skills do I enjoy using and want to further develop? (e.g., writing, problem-solving, leadership, creativity)

• What kind of impact do I want to make in the world? (e.g., help others, create something new, solve global

What are some majors that align with my interests and skills? (Use resources like "What Can I Do With This

What are the pros and cons of each major I'm considering? (Think about course requirements, career out-

• Have I talked to any professors or academic advisors about these majors? What insights did they offer?

• What kind of learning environment do I thrive in? (e.g., small classes, hands-on projects, collaborative work)

JUNGLE TREK: DEEPER EXPLORATION

Now that you've started exploring majors in your Jungle Journal, it's time to take action and turn those reflections into a clear path forward!

- 1. Seek Guidance from the Jungle Experts:
- Academic Advisors: These wise owls know the ins and outs of different majors. Schedule an appointment to discuss your interests and goals. They can help you understand the requirements of each major and how they align with your career aspirations.
- **Professors:** Talk to professors in the departments you're interested in. They can provide valuable insights into the coursework, research opportunities, and potential career paths related to their field.
- 2. Test the Waters:
- Explore Course Catalogs: Dive into the course offerings for each major. Do the classes sound exciting and engaging? Do they align with your learning style?
- Attend Classes as a Guest: If possible, sit in on a few introductory classes in the majors you're considering. This will give you a taste of the teaching style, subject matter, and overall vibe of the department.
- Join Student Organizations: Many departments have student organizations where you can connect with other students, learn about the major, and participate in relevant activities.
- 3. Research Your Options:
- Career Services Center: Your university's career services center is a treasure trove of information. They can provide resources on different career paths, connect you with alumni in your field of interest, and help you explore internship opportunities.
- Online Resources: Check out websites like LinkedIn or Glassdoor to research companies and job postings related to your potential major. This can give you a sense of the job market and the types of roles you might be qualified for.
- 4. Reflect and Refine:
- **Revisit Your Jungle Journal:** Based on your research and conversations, re-evaluate your initial thoughts. Have your top choices changed? Are there new majors you want to explore?
- **Narrow Your Focus:** Start narrowing down your options based on your interests, skills, and career goals.
- Develop a Plan: Once you've chosen a major (or a few top contenders), create a plan for completing your coursework, gaining relevant experience, and preparing for your future career.

Remember, Jaguars, choosing a major is a journey of self-discovery. There's no rush to decide. Take your time, explore your options, and trust your instincts. With a little curiosity and a lot of jaguar spirit, you'll find the perfect path to a fulfilling and rewarding future.

CAREER EXPLORATION: UNVEILING THE JUNGLE'S SECRETS

Now that you've started mapping your territory and have a general idea of your major interests, it's time to delve deeper into the jungle of career possibilities. This phase is your chance to uncover hidden gems, discover diverse career paths, and find the ones that truly ignite your passion.

Career Exploration Expedition:

Evaluate each career field on a scale of 1-5, with 1 being "Not interested at all" and 5 being "Extremely interested":

- 1. Helping Professions:
 - Counseling, social work, teaching, healthcare, non-profit work
- 2. Creative Fields:
- Writing, design, music, art, film, theater
- 3. STEM (Science, Technology, Engineering, Math):
 - Engineering, computer science, data science, research, medicine
- 4. Business and Finance:
 - Accounting, marketing, sales, management, entrepreneurship
- 5. Law and Government:
 - Legal practice, public policy, government service, politics
- 6. Communications and Media:
 - Journalism, public relations, advertising, broadcasting
- 7. Skilled Trades:
 - Construction, plumbing, electrical work, carpentry, mechanics

JUNGLE JOURNAL: DIVE INTO THE DIGITAL JUNGLE

Using your assessment results and the tools below, answer the following reflection questions. • **O*NET Online:** Explore this comprehensive database to learn about different careers, including tasks, skills,

- work environment, and salary information.
- in-depth information on hundreds of occupations.
- What are my top 3 career fields of interest based on the assessment?
- What specific roles or job titles within those fields appeal to me the most?
 - Career Option 1:
 - Job Title: (e.g., Software Engineer)
 - Industry/Field: (e.g., Technology)
 - Key Skills Required: (e.g., Programming, problem-solving, teamwork)
 - ronment, education requirements, salary, and job outlook.)
 - Why does this career appeal to me?
 - How do my values, skills, and interests align with this career?
 - What guestions do I have about this career?
 - Career Option 2:
 - Job Title: (e.g., Graphic Designer)
 - Industry/Field: (e.g., Arts and Design)
 - Key Skills Required: (e.g., Creativity, artistic talent, communication)

• Occupational Outlook Handbook (OOH): This valuable resource from the Bureau of Labor Statistics provides

• Insights from O*NET or OOH: (Summarize key information about the job, such as tasks, work envi-

- Insights from O*NET or OOH: (Summarize key information)
- Why does this career appeal to me?
- How do my values, skills, and interests align with this career?
- What guestions do I have about this career?
- Career Option 3: •
 - Job Title: (e.g., Physical Therapist)
 - Industry/Field: (e.g., Healthcare)
 - Key Skills Required: (e.g., Empathy, communication, physical stamina)
 - Insights from O*NET or OOH: (Summarize key information)
 - Why does this career appeal to me?
 - How do my values, skills, and interests align with this career?
 - What questions do I have about this career?

JUNGLE TREK: CHARTING YOUR COURSE THROUGH THE CAREER WILDERNESS

Alright, Jaguars! You've explored the jungle of career possibilities and identified some paths that pique your interest. Now it's time to take action and turn those explorations into a concrete plan for your future.

- 1. Seek Wisdom from the Jungle Elders:
- and create a plan to reach your destination.
- views. Learn about their career paths, daily routines, challenges, and rewards.
- opportunities.
- 2. Paws on Experience:
- confirm your interest and learn about the day-to-day realities of the job.
- vour options.
- experience.
- 3. Sharpen Your Claws:
- This might involve taking courses, attending workshops, or seeking out mentorship.
- 4. Map Your Journey:
- them? What milestones do you want to achieve?
- toward your goals.
- needed
- 5. Reflect and Refine:
- Continually update your Jungle Journal with new insights and discoveries.
- Evaluate your career options based on your research and experiences.
- Narrow down your choices and identify the next steps you need to take to achieve your career goals.

Remember, Jaguars, your career journey is a marathon, not a sprint. It's a continuous process of exploration, growth, and adaptation. By taking proactive steps now, you're setting yourself up for a successful and fulfilling career adventure. So keep your eyes on the prize, trust your instincts, and don't be afraid to blaze your own trail!

Jax's Top Tips for Major and Career Exploration:

- they lead you.

- take on an internship. There's no better way to learn than by doing.
- jungle is constantly changing, so be adaptable and willing to adjust your course as needed.

• **Career Counselors:** These seasoned guides know the career jungle inside and out. Schedule an appointment to discuss your findings and get personalized advice. They can help you clarify your goals, identify potential roadblocks,

• Alumni Networks: Connect with Governors State University alumni who are working in your fields of interest. They can provide invaluable insights into their career journeys, offer advice, and even open doors to potential opportunities. • Informational Interviews: Reach out to professionals working in your fields of interest and ask for informational inter-

• Networking Events: Attend career fairs and industry events to connect with potential employers and learn about job

• Job Shadowing: Get a firsthand look at a day in the life of someone working in your desired field. This will help you

• Internships and Volunteer Work: Gain practical experience, build your skills, and expand your network while exploring

• **Part-Time Jobs:** Even if it's not your dream job, a part-time gig in a related field can provide valuable insights and

• **Skill Development:** Identify the skills that are essential for your chosen career path and take steps to develop them.

• **Professional Development:** Join professional organizations or online communities related to your field. This is a great way to stay up-to-date on industry trends, network with other professionals, and learn about potential job opportunities.

• Create a Career Plan: Outline your short-term and long-term career goals. What steps do you need to take to reach

• Set a Timeline: Establish a timeline for your career plan. This will help you stay focused and motivated as you work

Update Your Jungle Journal: Regularly reflect on your progress, celebrate your achievements, and adjust your plan as

1. Follow Your Instincts: Just like a jaguar trusts its gut to find prey, you should trust your instincts when exploring majors and careers. What excites you? What makes you curious? Follow those trails, and you might be surprised where

2. Don't Be Afraid to Roam: The jungle is vast and full of possibilities. Don't limit yourself to one path. Explore different majors, careers, and industries. The more you explore, the better equipped you'll be to make an informed decision. 3. Talk to the Jungle Elders: Seek out advice from professors, career counselors, alumni, and professionals in your fields of interest. They've been around the jungle block a few times and can offer valuable insights and guidance.

4. Get Your Paws Dirty: Don't just read about careers – experience them! Shadow a professional, volunteer your time, or

5. Keep a Record of Your Findings: Your Jungle Journal is your trusty companion on this journey. Use it to document your thoughts, reflections, and discoveries. This will help you stay organized and make informed decisions.

6. Don't Be Afraid to Change Your Stripes: Your interests and goals may evolve over time, and that's okay! The career

7. Remember, You're Not Alone: There are plenty of resources available to help you on your journey. Don't be afraid to

ask for help from your professors, career counselors, or classmates. We're all in this jungle together!

8. Most Importantly, Have Fun! Exploring your options should be an exciting and rewarding experience. So, embrace the adventure, trust your instincts, and let your curiosity guide you to a fulfilling and rewarding career.



Remember, Jaguars, the jungle is your oyster. Go out there and make your mark! Alright Jaguars, time to hit the jungle trail and learn from the pros! This section is all about informational interviews your chance to chat with experienced jaguars who've already navigated the career wilderness.

JAX'S JOB TRAIL: FOLLOWING THE FOOTSTEPS OF EXPERIENCED JAGUARS

Think of informational interviews as a guided tour through your dream career. You'll get to ask questions, gather insider tips, and build valuable connections – all while learning about different roles and industries firsthand. It's like having a personal mentor show you the ropes, revealing hidden shortcuts, and warning you about potential pitfalls.

Why Informational Interviews Are Your Secret Weapon:

- Insider Knowledge: Gain insights you won't find in any textbook or website. Learn about the day-to-day realities of the job, the skills that are most valued, and the challenges and rewards you can expect.
- **Network Expansion:** Expand your professional circle and connect with people who can offer advice, support, and even potential job leads.
- **Career Clarity:** Get a clearer picture of whether a particular career path is the right fit for you.
- Confidence Boost: Practice your communication and networking skills, boosting your confidence for future • job interviews.

Jax's Guide to Rocking Your Informational Interviews:

- 1. Identify Your Targets:
 - Think about specific careers or companies that interest you.
- Utilize your network (professors, alumni, family, friends) to find contacts in those fields.
- Reach out to professionals on LinkedIn or through online platforms.
- 2. Prepare Your Questions:
 - you started:

1. About the Job:

- A. Can you walk me through a typical day in your role?
- B. What are the most challenging and rewarding aspects of your job?
- C. What skills or qualities are most important for success in this field?
- D. How did you get started in this career? What path did you take?
- E. What are some common misconceptions about this career?

2 About the Industry/Company:

- A. How would you describe the culture of your company or organization?
- B. What are the current trends or challenges in this industry?
- C. How does your company/organization support professional development and growth?
- E. Avoid questions that can be easily answered with a quick Google search.
- 3. Dress to Impress:
 - Even though it's not a formal job interview, dress professionally to make a good impression.
- 4. Be Respectful of Their Time:
 - Keep your meeting within the agreed-upon timeframe (usually 30 minutes).
 - Send a thank-you note or email afterward to express your appreciation for their time.
- 5. Follow Up:

 - Keep them updated on your progress and let them know when you land a job in their field.

STALKING YOUR PREY (POLITELY, OF COURSE): IDENTIFYING INFORMATIONAL INTERVIEW TARGETS

Remember, Jaguars, informational interviews are all about connecting with experienced professionals who can shed light on your career path. Here's how to find those valuable contacts:

- 1. Tap into Your Existing Network:
- tions to alumni or other professionals.
- eager to help out current students.
- surprised by who they're connected to!
- 2. Prowl the Digital Jungle:
- people with similar backgrounds or interests.
- •
- tories or forums where you can connect with members.

Jax's Pro Tip: Don't be afraid to reach out to people you don't know directly. A polite and well-crafted message can often lead to a valuable conversation.

Sample Invitation Message (Email or LinkedIn):

Subject: GSU Student Seeking Career Advice in Marketing

Dear Mr. Jones.

My name is Jax Jaguar, and I'm a marketing undergrad student at Governors State University. I'm reaching out to you

Focus on open-ended questions that encourage conversation and deeper insights. Here are some examples to get

D. What advice would you give to someone who is interested in pursuing a career in this field?

• If you made a strong connection, ask if you can stay in touch or if they'd be willing to serve as a mentor.

• Professors: Ask your professors if they know anyone working in the fields you're interested in. They often have connec-

• Alumni: Reach out to Governors State University alumni through LinkedIn or the alumni association. Alumni are often

• Family and Friends: Ask your family and friends if they know anyone who works in your desired field. You might be

LinkedIn: Use LinkedIn to search for professionals working in your target industries or companies. Look for alumni or

Company Websites: Many companies list their employees on their website, especially in "About Us" or "Team" sections. Professional Organizations: Join professional organizations related to your field. These groups often have online direcbecause I'm very interested in learning more about your career as a Marketing Manager at Acme Corporation.

I was particularly impressed by your story about how you led the successful rebranding campaign for one of your major clients. I'm eager to learn more about your career path, the day-to-day responsibilities of your role, the skills needed to succeed in this field, and how you got started in this career.

Would you be open to a brief informational interview (20-30 minutes) sometime in the next few weeks? I'm available for a phone call or virtual meeting, whichever is more convenient for you.

Thank you for considering my request. I look forward to hearing from you soon.

Sincerely,

Jax Jaguar

Remember: Be professional, concise, and specific. Explain why you're interested in their career path and what you hope to learn from the conversation. With a little effort and a dash of jaguar charm, you'll be on your way to scheduling informational interviews and gaining valuable insights into your future career!

JUNGLE DRESS CODE: LOOK SHARP, FEEL CONFIDENT!

Remember, Jaguars, first impressions matter - especially in the professional jungle. While you don't need to be in a full suit and tie for every occasion, it's important to dress appropriately to show respect and make a positive impression.

Here's a quick guide to help you navigate the jungle dress code:

APPROPRIATE ATTIRE				
Men	Women			
Business Professional: Suit (dark colors preferred), dress shirt, tie, dress shoes	Suit (skirt or pants), blouse, closed-toe shoes (heels or flats)			
Business Casual: Dress pants/khakis, collared shirt, sweater, blazer (optional)	Dress pants/skirt, blouse, sweater, cardigan, blazer (optional), closed-toe shoes			
Casual: Clean and well-fitting jeans, polo shirt, sweater	Jeans, blouse, t-shirt, sweater, skirt (appropriate length), sandals (optional)			

Jungle Tip: When in doubt, it's always better to err on the side of being slightly overdressed than underdressed.

INAPPROPRIATE ATTIRE				
Men	Women			
Ripped or distressed clothing	Revealing or overly tight clothing			
T-shirts with offensive graphics or slogans	Short skirts or dresses			
Shorts	Jeans, blouse, t-shirt, sweater, skirt (appropriate length), sandals (optional)			
Wrinkled or stained clothing	Flip-flops or athletic shoes			
Clothing that is too casual for the occasion (e.g., sweatpants, tank tops)	Excessive jewelry or makeup			

Jax's Pro Tip: Remember that your appearance reflects your professionalism and respect for the person you're meeting with. Always take the time to present yourself in the best possible light.

Jungle Adaptations:

- **Industry:** Different industries have different dress codes. Research the typical attire for your field of interest.
- Company Culture: If possible, learn about the company's dress code before your interview or networking event.
- Comfort: Choose clothes that you feel confident and comfortable in. This will help you project a positive and professional image.

By following these guidelines, you'll be sure to make a roaring first impression and stand out in the career jungle!

JUNGLE JOURNAL: YOUR INFORMATIONAL INTERVIEW TRACKER

After each interview, jot down your thoughts and reflections in your Jungle Journal. Here are some questions to get you started:

- What were the most valuable insights I gained from this interview?
- Did this interview confirm or challenge my expectations about this career?
- What are the next steps I can take to further explore this career path?

INTERVIEW DATE	NAME & TITLE	COMPANY/ ORGANIZATION	CONTACT INFORMATION	KEY TAKEAWAYS & INSIGHTS	FOLLOW-UP ACTIONS
5/25/2024	Sarah Miller, Marketing Manager	Acme Corporation	Email / Phone Number	 Enjoys the fast-paced environment and creative challenges of marketing. Emphasized the importance of strong communication and analytical skills. Recommended taking online courses and building a portfolio to gain experience. 	 Send thank-you email. Connect on LinkedIn. Research online courses on digital marketing.
6/2/2024	John Davis, Software Engineer	Tech Solutions Inc.	Email / Phone Number	 Work is highly collaborative, involving daily meetings and code reviews. Requires strong problem-solving and coding skills in Python and Java. Mentioned the importance of staying up-to-date with the latest technologies through self-learning. 	 Send thank-you email. Ask for referrals to other software engineers. Look into Python and Java courses.
6/8/2024	Emily Chen, Social Worker	Community Out- reach Center	Email / Phone Number	 Finds the work emotionally rewarding but also challenging. Strong interpersonal and communication skills are crucial. Recommended volunteering at a similar organization to gain experience and see if the field is a good fit. 	 Send thank-you email. Ask about potential volunteer opportunities at the center. Research master's programs in social work.

How to Use This Tracker:

- **1.** Before the Interview: Fill in the first three columns with the interview details.
- **2.** During the Interview: Jot down key points, insights, and any questions that arise.
- **3.** After the Interview: Summarize your key takeaways in the "Key Takeaways & Insights" column. This could include information about the job, the company culture, or advice the interviewee gave you.
- 4. Plan Your Follow-Up: In the "Follow-Up Actions" column, note any actions you plan to take, such as sending a thank-you note, connecting on LinkedIn, or asking for referrals.

goals. You never know what opportunities might arise from a simple conversation!

FOLLOW-UP: BUILDING BRIDGES IN THE JUNGLE

follow-up is your chance to solidify that connection and leave a lasting positive impression.

- **Timeliness:** Send a thank-you note within 24-48 hours of the interview.
- Personalization: Mention specific details from your conversation to show you were paying attention and genuinely interested.
- Express Gratitude: Thank them for their time, insights, and willingness to share their expertise. Reiterate Interest: Reiterate your interest in the field and express your enthusiasm for learning more.
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- Jax's Pro Tip: Use this tracker to reflect on your interviews and identify patterns or themes. What common skills or gualities are valued in the field you're exploring? What steps can you take to further develop your own skills and experience?
- **Remember:** Informational interviews are a two-way street. Be prepared to share your interests, skills, and career
- Bonus Tip from Jax: Don't be afraid to ask for referrals! If your interviewee has enjoyed your conversation, ask if they know anyone else you could talk to in the field. This can open up a whole new world of connections and opportunities!
- Remember, Jaguars, an informational interview isn't just about getting information. It's about building relationships! The

• Next Steps (Optional): If appropriate, mention any next steps you plan to take (e.g., applying for an internship, taking a course).

Sample Thank-You Note:

Subject: Thank You for Your Time and Insights on Marketing at Acme Corporation

Dear Mr. Jones.

I hope this email finds you well.

I wanted to express my sincere gratitude for taking the time to speak with me yesterday about your career as a Marketing Manager at Acme Corporation. I truly appreciate you sharing your insights and experiences, and I was particularly inspired by your story about how you led the successful rebranding campaign for one of your major clients.

Your advice about the importance of building a strong portfolio was especially helpful, and I plan to follow up on your suggestion to take some online courses on digital marketing.

I'm even more excited about pursuing a career in marketing after our conversation, and I'm grateful for the guidance vou've provided.

Thank you again for your time and generosity. I look forward to staying in touch and keeping you updated on my progress.

Sincerely,

Jax Jaguar

Jax's Pro Tip: Don't be afraid to follow up again in the future if you have more questions or want to share updates on your career journey. Building strong relationships can open doors to amazing opportunities in the jungle of your career!

Special Jungle Excursions:

- Navigating College & Career Fairs: These are like bustling marketplaces in the jungle, full of opportunities waiting to be discovered. We'll teach you how to make the most of these events, network with potential employers, and find internships or jobs that align with your goals.
- **Pursuing Grad/Professional School:** For some Jaguars, the jungle path leads to advanced degrees. We'll explore the world of graduate and professional programs, helping you decide if this is the right route for you.
- The World of Remote Work: Ever dreamed of working from a hammock in the jungle? We'll delve into the exciting world of remote work and the opportunities it presents.
- Entrepreneurship: Do you have the spirit of a jungle entrepreneur? We'll explore the ins and outs of starting your own business and unleashing your inner innovator.
- Careers in Government & Non-Profit: Want to make a difference in the world? We'll uncover the rewarding career paths in government and non-profit organizations, where you can use your skills for the greater good.

So, Jaguars, get ready to embark on the adventure of a lifetime! Your dream career is out there waiting for you. Let's explore the jungle together and discover the path that's uniquely yours.



Alright Jaguars, get ready to rumble! College and career fairs are like a bustling jungle marketplace – filled with opportunities, potential employers, and valuable connections. But navigating this exciting chaos can be a bit daunting. Don't worry, though, Jax is here to guide you through the fray with some pro tips!

NAVIGATING COLLEGE & CAREER FAIRS: YOUR GUIDE TO PROWLING FOR SUCCESS

Think of career fairs as a massive networking opportunity. It's your chance to showcase your skills, make connections, and potentially even land an internship or job. But to truly stand out, you need to be prepared, confident, and strategic.

Jax's Pre-Fair Prep:

- 1. Do Your Homework:
- their websites, read about their company culture, and learn about their open positions.
- career goals. Practice it until it sounds natural and confident.
- 2. Dress for Success:
- for tips on what to wear.
- Make sure your clothes are clean, ironed, and well-fitting.
- Polish your shoes and carry a professional-looking bag or portfolio.
- 3. Pack Your Essentials:
- Bring multiple copies of your resume (tailored to each company, if possible). •
- Bring a pen and notepad to take notes during conversations. •
- Consider bringing a portfolio with samples of your work, if applicable.

• **Research:** Check out the list of participating employers and research the ones that align with your interests. Visit **Target Your Prey:** Make a list of the employers you want to talk to, prioritizing those that excite you the most. Prepare Your Elevator Pitch: Craft a concise 30-second introduction that highlights your skills, experiences, and

First impressions matter! Dress professionally in business casual attire. Check out the "Jungle Dress Code" section

Roaming the Fair:

- **1.** Make a Grand Entrance: Arrive early to beat the crowds and have more time to talk to recruiters.
- **2.** Map Your Territory: Grab a fair map and locate the booths of your target employers.
- 3. Start with Your Top Choices: Begin by approaching the employers you're most interested in. This will help you build momentum and confidence for the rest of the fair.
- 4. Be Confident and Engaging: Greet recruiters with a smile, a firm handshake, and your well-rehearsed elevator pitch. Make eye contact and actively listen to their responses.
- 5. Ask Thoughtful Questions: Show your interest by asking insightful questions about the company, the role, or the industry.
- 6. Collect Business Cards: Get contact information from everyone you speak with. This will help you follow up later.
- 7. Take Notes: After each conversation, jot down key details in your Jungle Journal. This will help you remember what you learned and who you spoke with.

Post-Fair Follow-Up:

- 1. Send Thank-You Notes: Within 24 hours, send personalized thank-you emails to the recruiters you spoke with. Reiterate your interest in the company and thank them for their time.
- 2. Connect on LinkedIn: If appropriate, send a LinkedIn connection request to the recruiters you met. This is a great way to stay in touch and build your professional network.
- 3. Apply for Open Positions: If you're interested in a company's open positions, submit your application materials promptly.
- 4. Reflect on Your Experience: In your Jungle Journal, reflect on what went well, what you could improve, and what you learned about different career paths.

Jax's Pro Tips:

- Be yourself! Your enthusiasm and personality will shine through.
- Be prepared to answer common interview questions. Even though it's not a formal interview, be ready to talk about • your skills and experience.
- **Be open to unexpected opportunities.** You might discover a company or career path you hadn't considered before.
- Don't be afraid to ask for help. Career fair staff and volunteers are there to assist you.

Remember, Jaguars, career fairs are just one tool in your career exploration toolkit. By being prepared, confident, and proactive, you'll be sure to make the most of this exciting opportunity!



Alright Jaguars, sometimes the jungle path leads to higher ground – graduate or professional school! This is where you can specialize your skills, deepen your knowledge, and open doors to even more exciting career opportunities. But before you start climbing, let's explore what this next level of education entails.

PURSUING GRAD/PROFESSIONAL SCHOOL: CLIMBING HIGHER IN THE JUNGLE CANOPY

Advanced degrees aren't for every jaguar, but for some, they're the key to reaching the top of the food chain. Let's break down what you need to know:

Why Consider Grad/Professional School?

- Specialized Knowledge: Deepen your expertise in a specific field.
- **Career Advancement:** Open doors to higher-level positions and increased earning potential.
- Networking Opportunities: Connect with other ambitious professionals and build your network.
- **Personal Growth:** Challenge yourself intellectually and personally.

Types of Programs:

- Master's Degrees: Typically 1-2 years, focusing on a specific subject area.
- Doctoral Degrees (Ph.D., Ed.D., etc.): Research-focused programs, usually 3-5 years or more.

The Application Process: Your Jungle Obstacle Course Applying to graduate or professional school is like tackling a challenging obstacle course. Here's what you'll typically need: • **Transcripts:** Official transcripts from your undergraduate institution.

- Standardized Test Scores: GRE, GMAT, LSAT, MCAT, or other relevant exams.
- demic abilities and potential.

Professional Degrees (M.D., J.D., MBA, etc.): Prepare you for specific careers like medicine, law, or business.

• Letters of Recommendation: Typically 3-4 letters from professors or professionals who can speak to your aca-

- **Resume/CV:** Highlight your academic achievements, work experience, and extracurricular activities.
- Application Essay/Personal Statement: This is your chance to showcase your unique voice and story.

The Application Essay/Personal Statement: Your Jungle Roar

This essay is your opportunity to tell the admissions committee why you're the perfect fit for their program. It's your chance to stand out from the crowd and showcase your passion, experiences, and goals.

- Key Elements:
 - o Introduce yourself and your background.
 - o Explain why you're interested in this particular program.
 - o Highlight your relevant experiences, skills, and achievements.
 - o Discuss your career goals and how the program will help you achieve them.
 - o Conclude with a strong statement of your commitment and potential.
- Jax's Pro Tips:
 - o **Be Authentic:** Let your personality shine through.
 - o **Tell a Story:** Use anecdotes and personal experiences to illustrate your points.
 - **Proofread Carefully:** Avoid grammatical errors and typos. 0
 - 0 Get Feedback: Ask friends, family, professors, or career counselors to review your essay.

Sample Personal Statement

Below is a sample personal statement for a graduate school application:

Personal Statement

As a child, I was fascinated by the natural world's complexity, spending countless hours observing insects, plants, and animals in my backyard. This curiosity evolved into a passion for biological sciences, leading me to pursue a bachelor's degree in biology. Throughout my undergraduate studies, I engaged in various research projects, gaining hands-on experience in genetics, microbiology, and ecology. These experiences solidified my desire to contribute to the scientific community through research and innovation.

One pivotal moment in my academic journey occurred during my internship at the ABC Research Institute, where I worked on a project investigating the genetic basis of antibiotic resistance in bacteria. Under the mentorship of Dr. Jane Smith, I developed critical laboratory skills and an appreciation for the impact of scientific research on public health. This experience not only deepened my understanding of microbiology but also inspired me to pursue a career in research.

I am drawn to XYZ University's Master's program in Microbiology because of its strong emphasis on research and state-of-the-art facilities. I am excited about the opportunity to work with distinguished faculty members, such as Dr. John Doe, whose work on microbial pathogenesis aligns with my research interests. I am eager to contribute to ongoing research projects and explore new avenues of inquiry within the field of microbiology.

My long-term goal is to earn a Ph.D. and establish a career as a research scientist in academia or a research institution. I aspire to lead my own research projects, mentor the next generation of scientists, and contribute to advancements in our understanding of microbial processes and their implications for human health.

In conclusion, my academic background, research experiences, and passion for microbiology have prepared me for the rigors of graduate study. I am confident that XYZ University's program will provide the ideal environment for me to grow as a scientist and achieve my career aspirations.

Pursuing further education through graduate or professional school is a significant step that requires careful planning and preparation. By understanding the types of programs available, the application process, and how to craft a compelling personal statement, you can position yourself as a strong candidate and take a decisive step toward achieving your academic and career goals.

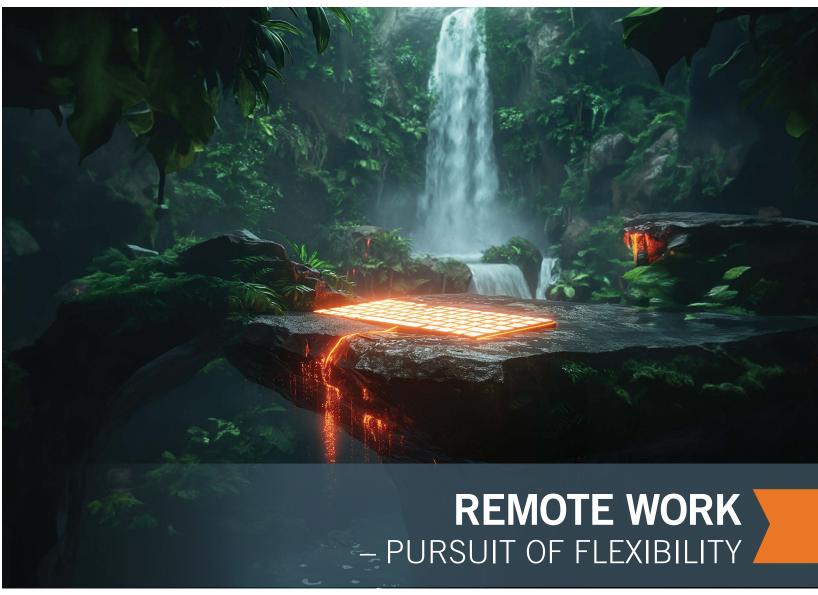
JUNGLE JOURNAL: REFLECTION AND RESEARCH

Use your Jungle Journal to brainstorm ideas for your personal statement, research potential programs, and track your application deadlines.

Jungle Trek: Taking Action

- gather all the necessary materials.
- crafting your application.

Remember, Jaguars, climbing to the next level takes effort and preparation. But with the right mindset and a solid plan, you can conquer any obstacle and reach your full potential!



Hey there, tech-savvy Jaguars! Ever dreamed of ditching the daily commute and working from a hammock in the jungle (or, you know, your cozy apartment)? Well, buckle up because we're about to explore the wild and wonderful world of remote work!

THE WORLD OF REMOTE WORK: YOUR TICKET TO ULTIMATE FLEXIBILITY

Remote work isn't exactly a new concept, Jaguars. Back in the day, it was mostly for freelancers and digital nomads. But thanks to a little thing called COVID-19, the whole game changed. Now, more companies than ever are embracing remote work as the new normal.

So, What's the Big Deal About Remote Work?

beach!

• Start Early: The application process can be time-consuming, so start early and give yourself plenty of time to

• Seek Guidance: Talk to your professors, advisors, or career counselors for advice on choosing programs and

• Visit Campuses (If Possible): Attend open houses or virtual tours to get a feel for the school's culture and environment.

• Freedom and Flexibility: Work from anywhere with a Wi-Fi connection – your home, a coffee shop, or even a

- Better Work-Life Balance: Say goodbye to long commutes and hello to more time for family, hobbies, and exploring the jungle (or your city).
- Increased Productivity: Many remote workers find they're more focused and productive at home.
- Wider Job Opportunities: You're no longer limited to jobs in your geographic area. The world is your oyster!

Is Remote Work Right for You?

Before you pack your bags and head for the virtual jungle, ask yourself these questions:

- Am I self-motivated? Remote work requires discipline and the ability to manage your own time.
- Am I comfortable working independently? You'll need to be proactive and communicate effectively with your team, even when you're not physically together.
- Do I have a dedicated workspace? Creating a distraction-free zone is key to staying focused and productive.
- **Am I tech-savvy?** You'll need to be comfortable using various communication and collaboration tools.

Finding Legitimate Remote Opportunities:

Don't fall for scams, Jaguars! Stick to reputable sources to find legitimate remote jobs:

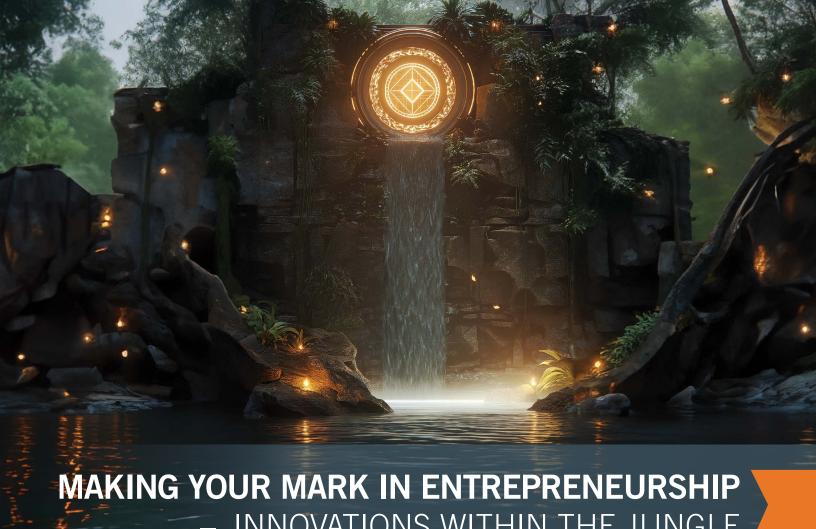
- Job Boards: Many job boards now have filters for remote positions. Some popular options include Indeed, LinkedIn, FlexJobs, and Remote.co.
- **Company Websites:** Check the career pages of companies known for offering remote work.
- **Networking:** Tap into your network and ask if anyone knows of remote opportunities.
- GSU Career Services: Your career center can provide resources and connect you with alumni working remotely.

Navigating the World of Remote Work:

Once you've landed a remote gig, here are some tips for success:

- Set Boundaries: Establish clear boundaries between your work life and personal life.
- Communicate Effectively: Stay connected with your team through regular check-ins and updates.
- **Embrace Technology:** Learn to use communication and collaboration tools like Zoom, Slack, and Trello.
- Avoid Isolation: Make an effort to connect with colleagues virtually or in-person (when possible).

Jungle Journal: Reflect on your experiences and challenges with remote work. What are you enjoying? What could be improved? How can you optimize your remote work environment for maximum productivity and well-being? So, Jaguars, are you ready to embrace the freedom and flexibility of remote work? It might just be the adventure you've been waiting for!



Alright Jaguars, gather 'round! It's your main man, Jax, here to talk about a career path that's as wild and exhilarating as the jungle itself: entrepreneurship! Are you a risk-taker with a big idea and an even bigger drive? Well, then sharpen your claws and let's explore what it takes to be a successful business owner.

ENTREPRENEURSHIP: UNLEASHING YOUR INNER JUNGLE INNOVATOR

So, what exactly is entrepreneurship? It's not just about starting a business – it's about spotting opportunities where others see obstacles, taking risks, and building something from the ground up. Think of it as blazing your own trail through the jungle, guided by your instincts and fueled by your passion.

Key Skills for Jungle Entrepreneurs:

- go? What impact do you want to make?
- **Resilience:** The jungle can be tough, and so is the business world. You need to be able to bounce back from setbacks and keep pushing forward, even when the going gets tough.
- **Resourcefulness:** In the jungle, you have to be able to adapt and improvise. As an entrepreneur, you'll need to find creative solutions to problems and make the most of the resources you have.
- Passion: This is your fuel, Jaguars! Your passion for your business is what will drive you through the long nights and challenging times.

Becoming a Jungle Entrepreneur: A Step-by-Step Guide

1. Spark an Idea: What problem are you passionate about solving? What product or service could you offer that would make a difference in the world?

INNOVATIONS WITHIN THE JUNGLE

• Vision: Like a jaguar stalking its prey, you need to have a clear vision for your business. Where do you want to

2. Research Your Territory: Is there a market for your idea? Who are your competitors? What are the trends in your industry?

- 3. Build Your Den (Business Plan): Create a roadmap for your business. This includes your mission, target market, financial projections, and marketing strategies.
- 4. Gather Your Resources: Do you need funding? Mentorship? Partnerships? Secure the resources you need to bring your vision to life.
- 5. Take the Leap: It's time to pounce! Launch your business and start making your mark on the world.

Challenges in the Entrepreneurial Jungle:

- Financial Risk: Starting a business requires capital, and there's always the risk of losing money.
- **Long Hours:** Be prepared to work long and hard, especially in the early stages.
- **Competition:** The business world is a jungle, and you'll need to fight for your share of the market.
- Uncertainty: There's no guaranteed path to success in entrepreneurship. You'll need to be adaptable and willing to take risks.

Rewards of Roaring Your Own Way:

- Autonomy: Be your own boss and make your own decisions.
- **Creativity:** Turn your ideas into reality and make a unique impact.
- **Financial Rewards:** The potential for financial gain is high, but it requires hard work and dedication.
- Personal Growth: Entrepreneurship is a journey of constant learning and development. You'll become a stronger, more resilient, and more resourceful individual.

Resources for Aspiring Jungle Entrepreneurs:

- SBA (Small Business Administration): This government agency offers resources and support for small businesses. (Website: https://www.sba.gov/)
- **SCORE:** This non-profit organization provides free mentoring and counseling to entrepreneurs. (Website: https://www.score.org/)
- Entrepreneurship Centers: Many universities, including Governors State University, have entrepreneurship centers that offer resources, workshops, and networking opportunities.

So, Jaguars, are you ready to unleash your inner entrepreneur? If you have the passion, drive, and a bit of jaguar spirit, the possibilities are endless. Now go out there and create a business that roars!

ROARRR-SOME ENTREPRENEURSHIP POP QUIZ!

Ready to find out if you've got the makings of a jungle entrepreneur? Answer these questions with a resounding YES or a hesitant MEH:

- 1. Do you thrive on challenges and see problems as opportunities? \Box Yes \Box No
- 2. Can you bounce back from setbacks like a jungle cat after a tumble?
- 3. Are you a creative problem-solver, always finding new ways to hunt down solutions? Yes No
- 4. Do you have a burning passion for a product, service, or idea that you just can't shake? Yes No
- 5. Are you willing to put in the long hours and hard work it takes to build something from scratch? \Box Yes \Box No
- 6. Can you handle uncertainty and adapt to the ever-changing jungle of the business world? \Box Yes \Box No
- 7. Do you have a knack for motivating and inspiring others to join your pack? \Box Yes \Box No
- 8. Are you a risk-taker, willing to venture into uncharted territory for the chance to strike gold? Yes No
- 9. Do you have the discipline to manage your time and resources effectively? \Box Yes \Box No
- 10. Are you ready to ROAR into the world of entrepreneurship and leave your mark? \Box Yes \Box No

Jax's Scoring Guide:

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- Mostly YES answers: Congratulations, you've got the entrepreneurial spirit! You're ready to blaze your own trail and make a difference.
- Mix of YES and MEH: You might have some entrepreneurial tendencies, but it's important to honestly assess your comfort with risk and your ability to handle challenges.
- Mostly MEH answers: Entrepreneurship may not be the best fit for you right now. That's okay! There are plenty of other fulfilling career paths in the jungle.

Remember: This quiz is just a starting point. It's designed to get you thinking about whether entrepreneurship aligns with your personality and goals. If you're still unsure, don't worry! Keep exploring, learning, and talking to other entrepreneurs to see if it's the right path for you.

JUNGLE JOURNAL: ENTREPRENEUR IN THE MAKING

Time to unleash your inner innovator! Grab your Jungle Journal and jot down your thoughts on the following: • What are you passionate about? What problems do you see in the world that you'd like to solve?

- Do you have any business ideas brewing? What would your dream business look like?
- What skills and experiences do you have that could be valuable in starting a business?
- What are your strengths and weaknesses as a potential entrepreneur?
- Are you comfortable with risk and uncertainty?

JUNGLE TREK: EXPLORING YOUR ENTREPRENEURIAL SPIRIT

- being perfect at this stage just let your creativity flow.
- product or service? Who are your competitors? What are the trends in your industry?
- valuable advice and support.
- sample, or conducting a survey to gauge interest.
- listen to podcasts featuring successful business owners.

Remember, Jaguars, entrepreneurship isn't for the faint of heart. It takes courage, determination, and a whole lot of hustle. But if you have the passion and the drive, it can be one of the most rewarding and fulfilling paths you can take. So, get out there and start exploring! Who knows, you might just be the next big thing in the business jungle!

Alright Jaguars, time to unleash your inner changemaker! Ever dreamed of using your skills to tackle big issues and make a real difference in the world? Then this jungle path might be for you: Careers in Government & Non-Profit!

Making Your Mark: Where Passion Meets Purpose

Government and non-profit organizations are like the heart and soul of our society. They're the ones working tirelessly to improve our communities, protect our environment, advocate for justice, and create a better future for all. And they need passionate, talented Jaguars like you to join their ranks!

1. Spark an Idea: If you haven't already, brainstorm some business ideas that excite you. Don't worry about

2. Research Your Territory: Choose one of your business ideas and start researching. Is there a market for your

3. Network Like a Pro: Connect with other entrepreneurs, mentors, and business professionals. They can offer

4. Test the Waters: Try out your idea on a small scale. This could involve creating a prototype, offering a free

5. Learn from the Pros: Read books and articles about entrepreneurship, attend workshops and seminars, and

What Sets These Careers Apart?

- **Impact:** You'll have the opportunity to make a tangible difference in the lives of others. Whether you're fighting for social justice, protecting endangered species, or developing educational programs, your work will have a lasting impact.
- **Purpose:** You'll feel a sense of purpose and fulfillment knowing that your work is contributing to the greater good.
- **Diversity:** Government and non-profit sectors offer a wide range of career paths, from social work and public policy to environmental advocacy and international development.
- **Collaboration:** You'll work alongside a team of passionate individuals who share your commitment to making a difference.

Jungle Exploration: Types of Organizations & Careers

- Government:
 - o **Types:** Federal, state, local agencies, military
 - o Key Areas of Employment: Public policy, law enforcement, education, administration, social services, research, regulation
 - o **Example Careers:** Policy analyst, legislative aide, teacher, park ranger, FBI agent, research scientist, regulatory specialist
- Non-Profit:
 - o **Types:** Charitable organizations, foundations, advocacy groups, community-based organizations
 - o Key Areas of Employment: Social services, healthcare, education, environmental protection, arts and culture, international development
 - **Example Careers:** Social worker, grant writer, fundraiser, program coordinator, environmental advocate, museum curator, human rights activist

Key Skills for Jungle Success:

Both government and non-profit careers require a mix of hard and soft skills. Here are some of the most important ones to hone:

- **Communication:** Whether you're writing grant proposals, advocating for a cause, or communicating with diverse stakeholders, strong communication skills are essential.
- **Leadership:** Taking initiative, inspiring others, and driving projects forward are crucial in these sectors.
- **Problem-Solving:** You'll need to be able to identify challenges, analyze data, and develop creative solutions.
- **Collaboration:** Working effectively with diverse teams and building consensus are essential for success.
- **Passion and Commitment:** Your dedication to your cause will be your greatest asset.

Jungle Trek: Getting Involved

- 1. **Research:** Explore the websites of government agencies and non-profit organizations that align with your interests.
- o Resources: USAJobs (government jobs), Idealist (non-profit jobs), LinkedIn, Glassdoor
- 2. Network: Attend career fairs, conferences, and networking events focused on government and non-profit careers. o **Resources:** GSU Career Services, local community events, professional associations (see below)
- **3.** Volunteer: Gain hands-on experience and build your skills while making a difference in your community. o **Resources:** VolunteerMatch, local non-profit websites
- 4. Internships: Look for internships in government or non-profit organizations to gain valuable work experience.
 - o **Resources:** GSU Career Services, government internship programs, non-profit internship boards

Professional Associations (Your Jungle Pride):

- Government:
 - o American Society for Public Administration (ASPA): https://www.aspanet.org/
 - Young Government Leaders (YGL): 0
 - o Public Service Leadership Association (PSLA):
- Non-Profit:
 - o Young Nonprofit Professionals Network (YNPN): https://ynpn.org/
 - Association of Fundraising Professionals (AFP): https://afpglobal.org/ 0
 - o American Alliance of Museums (AAM): https://www.aam-us.org/

JUNGLE JOURNAL: REFLECTION AND GOAL SETTING

- What specific issues or causes are you most passionate about?
- What skills and experiences can you offer to government or non-profit organizations?
- What are your short-term and long-term career goals in this sector?

Benefits & Rewards:

While salaries may not always match the private sector, government and non-profit careers offer unique rewards: • Job Security: Government jobs often offer greater stability and benefits.

- **Impact:** The knowledge that your work is contributing to the greater good can be incredibly fulfilling.
- •

Remember, Jaguars, a career in government or non-profit is more than just a job – it's a calling. If you're ready to use your talents to create a better world, then this jungle path might be the perfect fit for you. So, go out there and make your mark!

• Public Service Loan Forgiveness: Certain government and non-profit roles may qualify for student loan forgiveness.

Growth Opportunities: Many organizations offer professional development and advancement opportunities.



ROAR INTO YOUR FUTURE --- IS GOVERNMENT OR NON-PROFIT WORK YOUR JUNGLE CALLING?

Roarrr into Your Future: Is Government or Non-Profit Work Your Jungle Calling? Hey Jaguars, Jax here! Wanna see if you've got the heart of a changemaker? Take this quick quiz to find out if a career in government or non-profit might be your purr-fect fit:

- 1. Does the idea of making a positive impact on the world get your tail wagging? \Box Yes \Box No
- 2. Are you a team player who enjoys collaborating with others to achieve a common goal? \Box Yes \Box No
- 3. Do you thrive in environments where you can use your skills to solve complex problems and tackle big challenges? \Box Yes \Box No
- Are you passionate about a particular cause or issue, such as social justice, education, or the environment? \Box Yes \Box No 4.
- 5. Would you rather work for an organization that prioritizes its mission over profit? \Box Yes \Box No
- Are you comfortable with a potentially slower pace of career advancement in exchange for job stability and meaningful work? Yes No 6.
- 7. Do you value job security and a strong sense of community in the workplace? \Box Yes \Box No

Jax's Scoring Guide:

- Mostly YES answers: Roarrrsome! You've got the spirit of a changemaker, and a career in government or non-profit might be your perfect jungle habitat.
- Mix of YES and MEH: You might be a good fit for these sectors, but it's important to consider your individual priorities and preferences. Do some more exploration to see if it aligns with your overall career goals.

other fulfilling paths to explore. Remember, the jungle is full of diverse opportunities!

Jungle Journal:

Reflect on your guiz results and jot down your thoughts in your Jungle Journal. Here are some questions to get you started:

- What were my strongest reactions to the quiz questions?
- What aspects of government or non-profit work appeal to me the most?
- What concerns or reservations do I have about these career paths?
- What additional information do I need to make an informed decision?

Remember, Jaguars, this quiz is just a starting point. It's designed to spark your thinking and encourage you to explore the many rewarding career paths available in the government and non-profit sectors.

Whoop, whoop! Jaguars, we've just conquered Phase 2 of our career jungle adventure! Give yourselves a mighty roar!

You've scouted out the terrain, spotted some interesting career paths, and maybe even dipped your paws into a few potential watering holes. You've researched majors, explored different industries, chatted with pros on the Job Trail, and even braved a few career fairs. Talk about impressive!

Now, you're probably feeling a mix of excitement and maybe a little overwhelm. That's totally normal, Jaguars! Remember, exploring the career jungle is a wild ride, and it's okay to feel a bit lost at times. But here's the good news: you're not alone. I'm right here with you, cheering you on every step of the way.

With Phase 2 behind us, you've got a much clearer picture of the jungle out there. You know what interests you, what skills you want to develop, and maybe even what kind of impact you want to make on the world. Now, it's time to take all that knowledge and turn it into a plan of action.

So, grab your Jungle Journal, sharpen your claws, and get ready to tackle Phase 3! This is where we'll start making those big decisions, setting our sights on our goals, and creating a roadmap that will lead us straight to career success. Are you ready, Jaguars? Let's ROAR into the next phase!

Mostly MEH answers: While government and non-profit work might not be your top choice, there are plenty of

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!