

# WHO inspired YOU?

Think back to that time BEFORE you knew what path to take.

That time BEFORE you knew what you "wanted to be".

That time when you felt confused, lost or anxious about what your future would look like.

Who inspired your pursuit or supported your exploration for what your future would hold.

Was it a teacher or mentor, advisor or counselor, public figure or industry leader?

Many of us can remember the person, the moment, the idea that sparked an interest in pursuing a chosen career path.

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**Today's student needs to see a link  
between what they are learning and their future  
and sometimes they need a little inspiration!**

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**Individuals who develop education and career navigation knowledge and skills are likely to...**

- make education and career decisions that better fit them
- increase their motivation to learn and achieve
- experience more positive academic outcomes (Graham, 1998)

**Adults tend to...**

- learn more effectively when they can apply what they know and what they have experienced to their coursework
- focus on how what they learn will directly apply to their lives (*and may drive their academic success*) (Fairchild, 2003)

**ALL students need career advising, even those who enter college already decided on an academic major.** (Gordon 2006)

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### The CHALLENGE...

- students can feel lost or confused about the future
- students can struggle to recognize the connection between what they are learning and their future career path
- confusion can lead to disconnection and underperformance

### The OPPORTUNITY...

- YOU have their attention and the opportunity to build a connection
- SUNY Orange has resources and guidance available to support career exploration and literacy
- faculty advisors have the opportunity to engage in direct dialogue with students about their plans and aspirations

### The HOW TO...

- connect with students by sharing your story... how you decided, what was your path, opportunities in the field
- Inquire | Inform | Integrate... by developing a rapport and providing a context for what is possible
- direct students to the available resources for exploration and understanding of possible career paths... Career Focus, Career Coach, Interview Prep, Resume and Cover Letter development, Job Postings

### CTL Workshop Alert!

Join colleagues at the CTL for a **CAREER ADVISING workshop** facilitated by Petra Wege-Beers on **WED, 2/26!**

A three part series to demystify the career exploration and career decision making process in order to better understand ***how to help students gain insight into selecting a major that is best suited to them based on their interests, personality, skills, and values.*** **REGISTER here:**

[https://sunyorange.edu/profdev/regform.html?class\\_id=1541](https://sunyorange.edu/profdev/regform.html?class_id=1541)

- Overview of Career Advising
- Career Advising Tools and Resources - Part 1
- Career Advising Tools and Resources - Part 2

\*\*\*The workshops are available via ZOOM as well as in-person

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### SUNY Orange Career Services Tools & Resources...

<https://sunyorange.edu/careers/index.html>



FOCUS	+
Career Coach	+
Interviewing (Big Interview)	+
Career Workshops	+
Job Postings	+
Resume and Cover Letter Basics	+

Encouraging connections that  
reinforce academic commitment and  
lead to student success!