Happy Monday!

THANK YOU to those who are actively participating in our weekly work readiness and self-care activities! Some of you have needed a little push and more support to get going, finding it difficult to break from your daily routines to spend this time working on growing yourselves. Brittany and I know that the thoughts and ideas we are introducing can cause you to feel a bit uncomfortable at first. As humans, we all find ease, and control, in routines and breaking out of them can be difficult and scary. HOWEVER, it is when you push past your zone of comfort and allow yourself the opportunity to experience something new, that growth happens! John Assaraf said, “A comfort zone is a beautiful place. But nothing ever grows there”. You know this is true!  Watch this funny and quick, 3-minute video Get Comfortable Being Uncomfortable by Dave Hollis, <https://youtu.be/vyiAmVSB3Ws>.

What you put into these activities is proportionate to what you will get out of them. As young professionals, it’s so important to push ourselves to try new things, expand our thoughts, and dig deeper. Our role is to provide you with the tools and resources that you need to be successful in your educational opportunities, career paths, and life in general. So please embrace this opportunity and use these activities to start a dialogue that will support you to grow into a strong business professional!

With all that being said, this week’s activity will begin to discuss the importance of taking an active role in your life and learning how to make meaning from all your experiences (education, career, social connections, etc.).

**Be present, be engaged, be open!**

**Activity 1:**

Watch this TED talk by Greg Shirley and write a reaction to the video.

<https://www.ted.com/talks/greg_shirley_you_re_always_on_your_career_development_cycle>

In the book, *You Majored in What? Mapping Your Path from College to Career* by Katharine Brooks, EdD, she provides a chart that lists two perspectives that someone could hold based on the same experience. I have created a chart below to include a few of her examples given in the book. (Brooks, 2009, p. 52)

|  |  |  |
| --- | --- | --- |
| “I have to take this required class I’m going to hate.” |  | “I have to take this required class. I don’t think I’m going to like it, but because I want to do well I’m going to see what I can do to make it a good experience.” |
| “There’s no point in putting much effort into it. I’m just going to do the minimal amount of work to survive and suffer through the semester until it’s over.” |  | “I’m going to make this a personal challenge. Because it’s a required class, someone must think it’s valuable. And the professor must think there is something valuable in what we’re studying. I’m going to find out why. If nothing else, I’ll have a great story for an interviewer about how I survived a difficult class.” |
| “I’m helpless and at the mercy of ridiculous rules.” |  | “I’m in control. I can make the best of a bad situation. I can challenge myself.” |

**Activity 2:**

* Do any of these statements sound similar to what you have felt before?
* Do you think it’s important to develop a positive mindset and be present in all moments? Why?
* By adjusting your thoughts (to align with the statements on the right), in what ways do you think your career journey will benefit now and in the future?

Brooks (2009) suggests the following:

BE IN THE MOMENT

Notice and keep track of the skills you’re developing in your classes. Are you learning to work on a team, writing more efficiently, or managing your time better?

And when it comes to reading your assignments, don’t just passively read your textbook, looking to see when you can quit. Develop a relationship with what you’re reading. Why are you reading the assignment? What are you learning from it? Does the knowledge you’re gaining primarily comprise details and facts or concepts and ideas? Most textbooks help you find the important information by highlighting important material. Try to think beyond the text: Is what you’re reading related to what you’re learning in another class? **And of course, how might you apply this to the workplace? How can you make an employer care that you’re learning this?** (pp. 100-101)

Please complete these activities and send to **XXX Staff Member** by **XXX**.

Thank you!

**References**

Hollis, D. [Dave Hollis]. (2019, December 10). *Get comfortable being uncomfortable* [Video]. Youtube. <https://www.youtube.com/watch?v=vyiAmVSB3Ws>

Brooks, K. (2009). *You majored in what?: Mapping your path from chaos to career*, 52 & 100.

Shirley, G. (2018, April). *You're always on: Your career development cycle* [Video]. TED.

<https://www.ted.com/talks/greg_shirley_you_re_always_on_your_career_development_cycle>

Assaraf, J [@johnassaraf]. (2015, April 16).  *A comfort zone is a beautiful place but nothing ever    grows there* [Tweet]. Twitter.

<https://twitter.com/johnassaraf/status/588816956263923712?lang=en>