

**Career Infusion Activities**

**Linking Learning Outcomes to the Professional World**

(This example subject area topic can be modified to fit your subject area!)

**Assignment Instructions:**

Write a 200-250 word discussion post on concepts learned from the Tibetan Society and how those concepts can assist you in your future career aspirations. Also, please list at least three NACE Career Competencies that can be applied in your reflection.

**NACE (National Association of Colleges and Employers) Competencies Applied:**

* Global/Intercultural Fluency
* Oral/Written Communications
* Leadership
* Teamwork/Collaboration

**Assignment Takeaways:**

1. Students will be able to connect what they have learned about Tibetan society to their personal ways of communicating, interacting, or completing tasks.

2. Students will demonstrate the ability to connect their learning and career skills to the NACE Career Competencies.

EXAMPLE: Week Seven Reflection

This week in lecture, we discussed the Tibetan society and how they incorporate meditation into their daily lives. After reflecting on our discussion, I realized that I could apply Tibetan Yoga principles to remain calm during an extreme crisis. As an aspiring anthropologist, I may encounter unexpected situations and stresses that may trigger adverse responses. By applying Tibetan Yoga principles, I can clear my mind to make critical decisions on my job and throughout my life. The concept of the Six Yogas of the Completion Stage actively cultivate wisdom, compassion, and altruistic action and can be integrated into all phases of my life. Through the introduction of these yoga principles, I have sought to enhance my leadership skill set by being more reflective of my personal decisions and how they affect others. This can enrich my leadership ability as well as my communication skills. I look forward to continuing applying the Tibetan Yoga principles as I transition from a college student into my chosen career.