

 **Career Infusion Activities**

**SuperStrong Exploring Careers Reflection Assignment**

**Assignment Instructions:**

Write a 2-3 page, double-spaced reflection on your results from the SuperStrong. First, complete the assessment on the VitaNavis platform at <https://vitanavis.com/olemiss/?promo=olemiss-career>. Descriptions of the different sections of your results are below. Review your results and then respond to the questions for reflection.

**Occupational Themes**: General characteristics that motivate and drive your preferred leisure and work activities.

**Personal Styles**: Your preferences for how you work, learn, lead, take risks, and collaborate with others.

**Career Interests**: Specific examples of leisure or work interests on which you scored highest in the assessment. It is important to incorporate these interests into your work and personal life.

**Career Pathways**: Allows you to explore different occupation related to your interests.

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

* Oral/Written Communications
* Critical Thinking/Problem Solving
* Career Management

**Assignment Takeaways:**

1. Students will be able to connect their interests and skills with potential career paths.

2. Students will demonstrate the ability to articulate their current career interests and goals.

**Questions for Reflection**

1. What did you learn from your Occupational Themes? What did you learn about your personal values and general motivations?

2. What did you learn about yourself from the Personal Styles section? Do you agree or disagree with the results? Why?

3. What did you learn about your work and leisure interests?

What interests do you desire to include more of in your work or personal life? Why?

4. What did you learn about the careers that relate to your interests?

5. Did you find any interesting careers you were already thinking about? If so, which one(s)?

6. Did you find any interesting careers you had not though about before? If so, which one(s)?

7. Describe one way you will participate in an activity/experience connected to one of the interests you identified from the SuperStrong? (Examples: Internship, part-time job, volunteer experience, leadership experience, informational interview, job shadow, or talk to friends, peers, family members)