

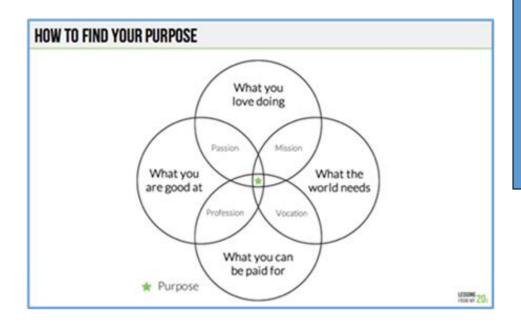
## A Monthly Virtual Helping Tool

From ARCC Counseling
Services

# **OCTOBER TOPIC: Passion & Purpose**



CAMBRIDGE · COON RAPIDS



## **QUICK TIP**

### Don't find your WHAT, Find your WHY

Check out this great 4-minute video called Know Your Why to learn more about what this means and how it can inspire you to find your purpose!

What's your WHY?

## **FACT:**

AMAZING
THINGS HAPPEN
WHEN YOU LIVE
YOUR PASSION!!

## **RESOURCE CORNER**

Check out these resources about career exploration and planning:

#### <u>ARCC Counseling – Career</u> Exploration

Discover some tools and resources for exploring careers. Check out this <u>link</u> to Career Information on the ARCC Counseling website.

#### **ARCC Job Readiness Services**

Students can meet with an ARCC Job Readiness Services professional, for help finding and getting a job or internship. Follow the <u>link</u> for resources and appointment scheduling.

#### **TAKE ACTION!**

Anoka-Ramsey Community
College Counselors can help you
find your passion and plan your
career path. Consider taking one
of these action steps
to help you decide your career:

- Meet one on one for career counseling. Set up a meeting <u>HERE</u>.
- Take either CAOR 1100 or CAOR 1102, Career Exploration classes. Talk with your advisor about enrolling!
- Do some career research on your own. See the resource corner for some tools.

## **ARTICLE SPOTLIGHT**

# How To Find Your Passion for a More Fulfilling Career

Indeed Career Guide

<u>This article</u> offers great suggestions for finding your passion! It explains six steps to take:

- 1. Look for high points in your day
- 2. Pay attention to what you spend your time and money on
- Consider topics you love to teach or talk about with others
- 4. Think about your strengths
- 5. Take the elements apart
- 6. Explore career paths

The article encourages readers to take a very intentional, mindful approach to passion seeking. For example, when you discuss different topics with friends, think about what gets you most excited and animated? Check it out for some great ideas and give them a try!





#### **VIDEO CLIP**

What is your Purpose in Life? Ages 1 – 100.

#### **Career Exploration Workshop Series**

Sponsored by Counseling. Please register for the zoom sessions you would like to attend. We hope to see you there!

Workshop 1: Introduction to Career Exploration Tuesday, Oct. 5, 2021 1:00 PM - 2:00 PM ZOOM Register HERE

Workshop 2: Using Assessments to Help Career Exploration Tuesday, Oct. 12, 2021 1:00 – 2:00 PM ZOOM Register HERE

Workshop 3: Salary Needs and Values Tuesday, Oct. 26, 1:00PM – 2:00 PM ZOOM Register HERE

Sponsored by ARCC Counseling Services
For appointments click here or
call 763-433-1100
For non-emergency questions email:

Counseling@anokaramsey.edu

