



**A Monthly
Virtual
Helping Tool**
*From ARCC Counseling
Services*

OCTOBER TOPIC: Passion & Purpose



RESOURCE CORNER

Check out these resources about career exploration and planning:

ARCC Counseling – Career Exploration

Discover some tools and resources for exploring careers. Check out this [link](#) 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 [link](#) 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 [HERE](#).
- 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.

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!!**

ARTICLE SPOTLIGHT

How To Find Your Passion for a More Fulfilling Career

Indeed Career Guide

[This article](#) 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
3. 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*

