



Explore – Engage – Experience – Empower



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Dear Lewis & Clark Students,

College is a time to explore and discover your interests and passions, to expand your world perspective and to engage in the life of the mind. This is a rare opportunity to learn, grow and engage in a dynamic and supportive community, so make the most of it! Your experience at Lewis & Clark is in your hands. The Center for Career and Community Engagement (3CE) is here to help and support you in the process.

In any new adventure, you need to know where you're starting. Think about college as a big road trip. Whether you are using GPS or an old fashioned map, you need to get oriented to your surroundings and have a general sense of where you are heading. That's where we come in. The 3CE Road Map gets you started and provides some guidance when you've gone astray. At times you will get lost, but that's okay because every now and then getting lost can be a great part of the experience. There is a good chance your direction might change. When it does, remember the importance of being flexible and adaptable.

The Road Map is a guide providing you with specific strategies and tools to navigate throughout your four years. We want you in the driver's seat. What do you want to learn? What did you come here to accomplish? What connections do you want to make? Understand that your adventure is unique and evolving; and yet this is a shared experience with faculty, staff, peers and alumni.

Your four years will move quickly. My greatest hope is that you take advantage of the broad range of opportunities and experiences at Lewis & Clark and in the Portland community. Through intentional planning these experiences provide a foundation for knowing who you are, understanding the world we live in and starting on your next adventure after college. The Road Map is a starting point to accomplish your goals in college. Let us help you make the most of your time here!

The road trip begins today – what does your adventure look like?

With Purpose,

Minda Heyman
Director, Center for Career and Community Engagement (3CE)
Lewis & Clark College

WHAT IS THE 3CE ROAD MAP?

The 3CE Road Map is a planning resource for your four years of learning at Lewis & Clark College. Learning is commonly defined as a process that brings together cognitive, emotional, and environmental influences and experiences for acquiring, enhancing, or making changes in one's knowledge, skills, values, and world views (Illeris, 2004; Ormrod, 1995). Integrative Learning is connecting skills and knowledge from multiple sources and experiences; applying skills and practices in various settings; utilizing diverse and even contradictory points of view; and, understanding issues and positions contextually. It is an opportunity for you to pull together your intellectual, emotional, and environmental influences and experiences as you develop your own world view. Ultimately, that world view along with your skills and values is your guiding compass as you engage in your role as a citizen of the world. The process of integrative learning is in your hands.

As a member of Lewis & Clark College you are a part of a living/learning community which provides you with the necessary experiences to create who you want to be as a citizen and what impact you would like to leave – here, now, and into the foreseeable future. In other words, this community hopes to instill in you the ability and desire to become a lifelong learner while you also influence the community. Now is the time to take ownership of your education by determining what you want to learn and how you will contribute to the learning community. Every experience is an opportunity to gain insights about yourself, your community, and your world. The Center for Career and Community Engagement (3CE) has developed the Road Map to equip you with the necessary knowledge, skills and abilities for a lifetime of learning.

HELPFUL GUIDELINES FOR USING THE 3CE ROAD MAP

<i>Take Ownership of Your L&C Experience!</i> We recommend following the Road Map in sequential order, however, use it as a guideline to design your own plan of action. Invest in your education by seeking a broad range of experiences, which build on your interests and values; strengthen your skills and competencies; and expand your understanding of the world around you.	<i>Plan!</i> Ask any Senior. Four years go by fast. Therefore, it is important that you put a plan into place to make the most of your time. Writing it down helps you map it out and make adjustments as your interests and experiences develop. Each year provides opportunities for you to craft your own goals. Share your goals with your network of faculty, mentors, peers and staff to keep you on track and motivated!
<i>Experience, Reflect, Integrate!</i> Grounded in the liberal arts tradition, the 3CE Road Map expands on academics through experiential learning. Thoughtful reflections are integral to experiences-based learning. Consider using the next four years to test your hypotheses about yourself. Each experience informs the next as you integrate your interests, skills, and passions.	<i>Know Your Resources!</i> Across campus there are a wealth of resources to help you set and achieve your goals. Take advantage of all the campus has to offer by learning about the services and programs designed to enhance and support your college experience.

STEP ONE: EXPLORE

As a member of a living/learning community, you play a pivotal role in making Lewis & Clark a vibrant and engaging environment. Learning how to balance academics with a social life is essential for your four-year L&C experience. This first step, which is typically during your first year, is the time to build a strong foundation for your college experience.

Goals:

- ✓ Understand what it means to be involved as part of your campus community.
- ✓ Advocate for yourself by managing multiple tasks and adjusting expectations when appropriate.
- ✓ Recognize and be prepared to articulate the value of the liberal arts education.
- ✓ Identify specific values and/or traits of people whom are inspirational.
- ✓ Find a balance between academics and social life.
- ✓ Identify and articulate your natural strengths and potential areas for growth.

Add Your Own:

✓

✓

✓

Experiences:

- ☐ Participate in PioFair and identify 3-5 organizations that are of interest.
- ☐ Seek opportunities to engage in community service and leadership training.
- ☐ Participate in community events such as: MLK Day of Service, AIDS Walk and Saturday in Service.
- ☐ Keep academic appointments and get to know your assigned advisor.
- ☐ Consider an on-campus employment position.
- ☐ Participate in career and opportunity fairs, alumni events, lectures, performances and symposia.

Add Your Own:

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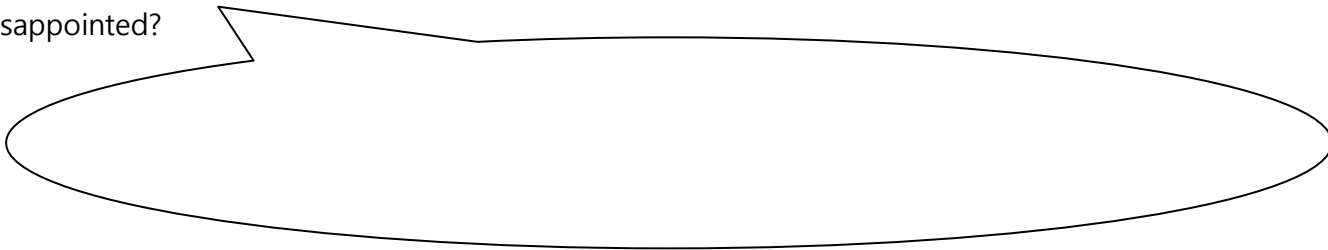
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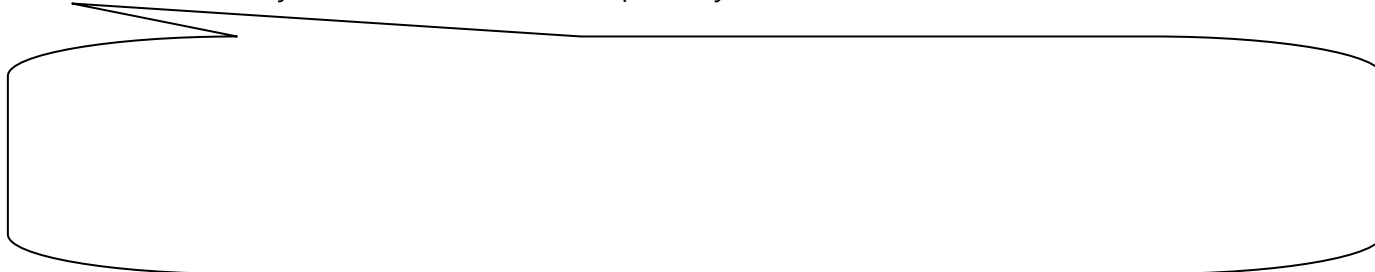
Reflections:

Use the space provided below to reflect on your experiences in this first step of exploration. Think about, and make notes on, your wants, needs and aspirations for the future.

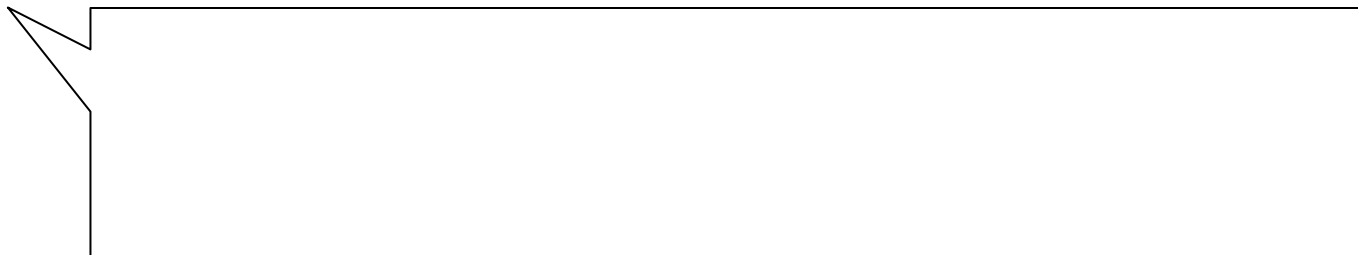
- In what ways has Lewis & Clark met your expectations of college life? How have you been disappointed?



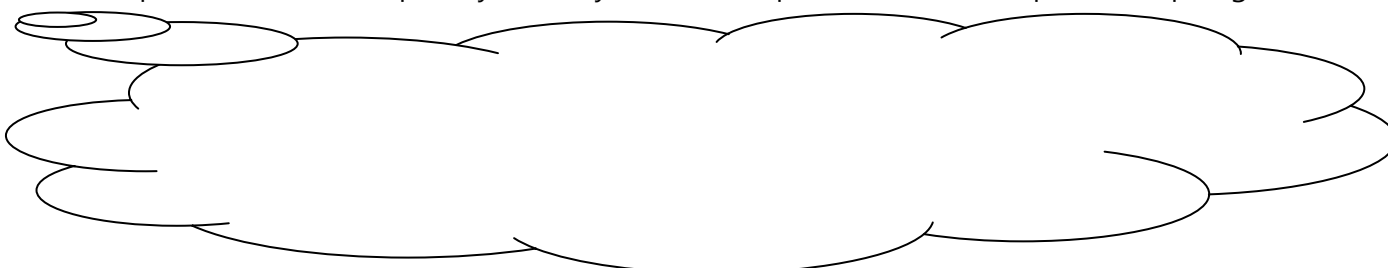
- What obstacles did you overcome? What steps did you take to do so?



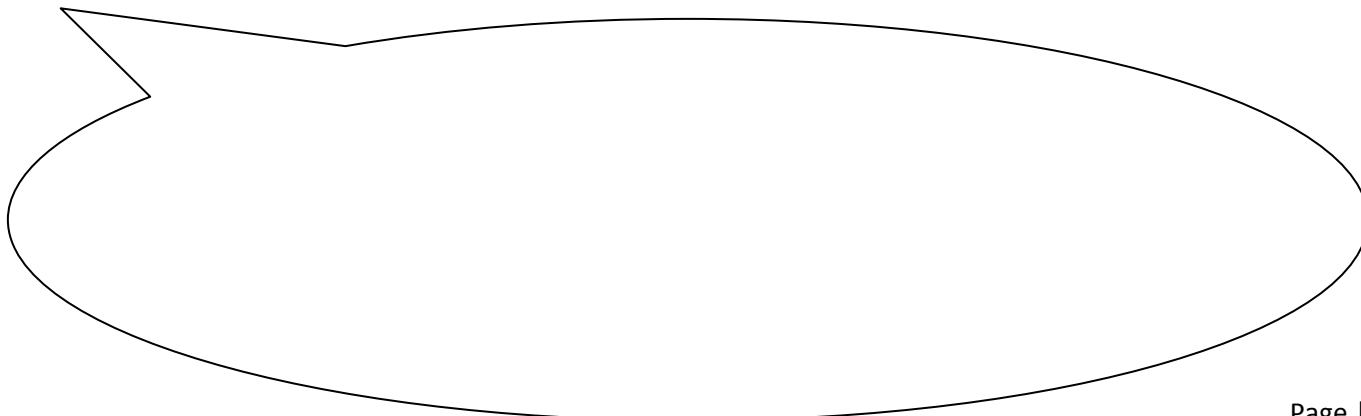
- What have you discovered as a value of your liberal arts education?



- Name a person who has inspired you this year? What qualities made that person inspiring?



- Where have you found your community at L&C?



STEP TWO: ENGAGE

Take your experience beyond the classroom and look for opportunities to get involved on campus or in Portland. Discover and connect your interests and passions through co-curricular activities such as student clubs and organizations, service projects or internships.

Goals:

- ✓ Declare a major and choose an advisor.
- ✓ Meet with your advisor and review your four-year plan.
- ✓ Ask your advisor about out-of-classroom experiences that the faculty member recommends.
- ✓ Identify and participate in a meaningful community project.
- ✓ Complete the values worksheet on page 16.
- ✓ Prepare a working resume and cover letter.
- ✓ Understand and appreciate your impact and influence on the community.
- ✓ Increase your cultural competency by seeking experiences which push you out of your comfort zones.

Add Your Own:

✓

✓

✓

Experiences:

- ☐ Participate in Sophomore events.
- ☐ Increase your investment in a group to further develop your leadership skills.
- ☐ Consider your personal leadership style and identify strengths and weaknesses through leadership training.
- ☐ Meet with a career advisor to discuss goals, interests and internships; plan a "new" experience during the summer.

Add Your Own:

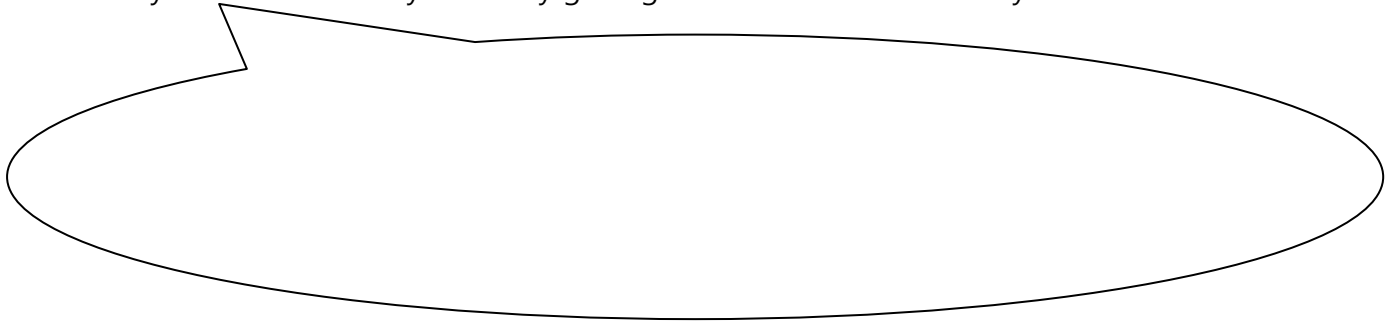
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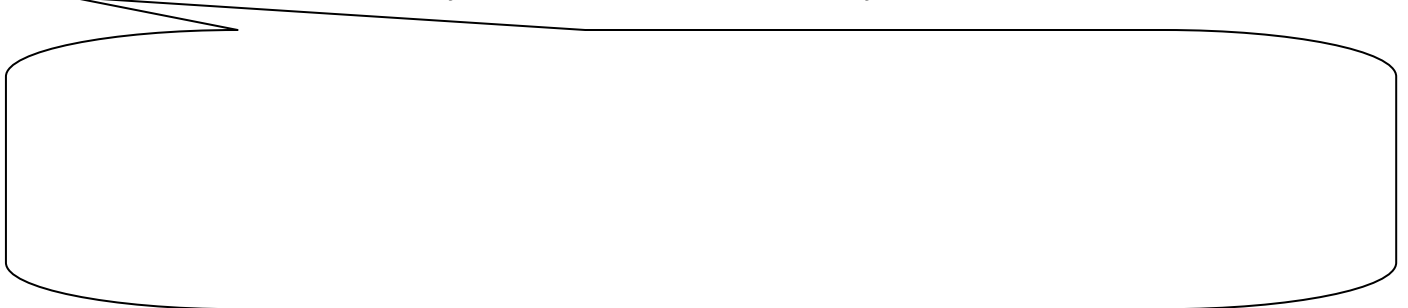
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Reflections:

- What have you learned about yourself by getting involved in the community?



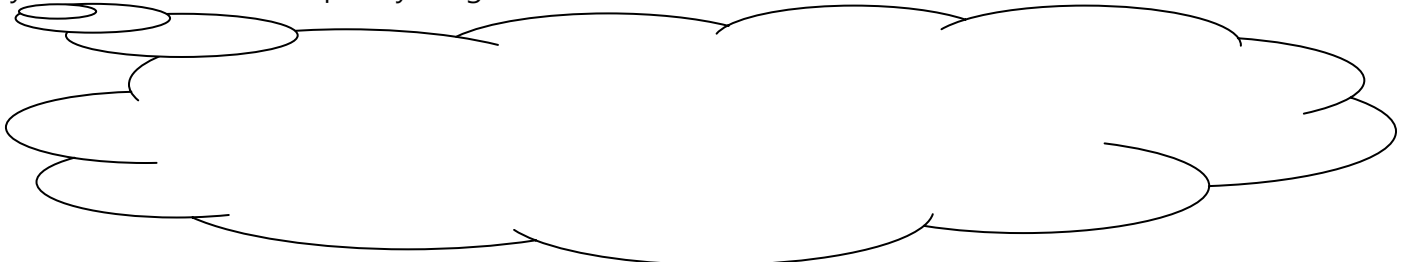
- What issues and/or causes have you identified in the community as important?



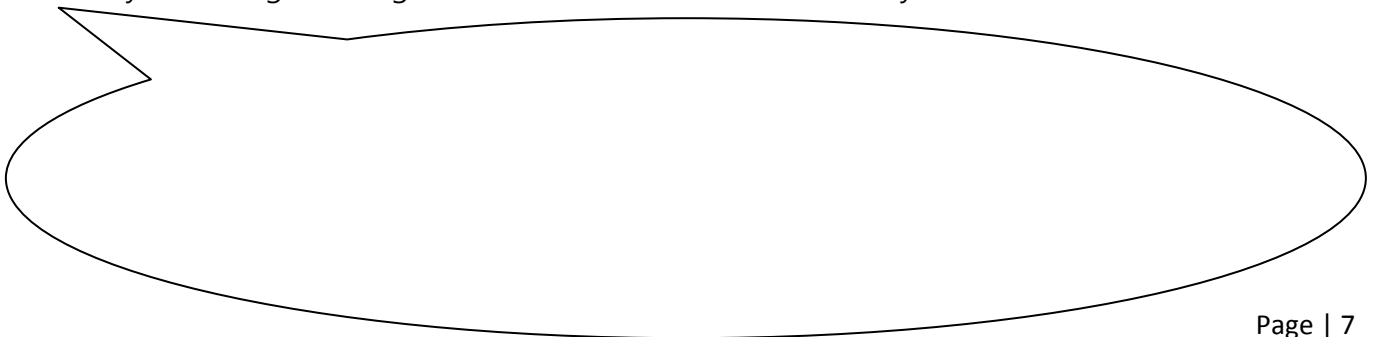
- What values are most important to you at this point in life – where is the evidence of those values in your activities?



- What skills did you develop this year? What is your plan of action for addressing the skill set(s) that you will need to accomplish your goals?



- Where are you making meaningful connections within the community?



STEP THREE: EXPERIENCE

Integrate your academic learning and meaningful experiences and connections. Start mapping out life off the hill.

Goals:

- ✓ Strengthen and cultivate relationships with faculty, staff and community members.
- ✓ Revise academic, post-grad, and community contribution plan(s) from last year.
- ✓ Define your role in the community and determine future directions/expectations.
- ✓ Learn to clearly articulate your interests and passions to professionals in your fields of interest.
- ✓ Articulate a personal philosophy of leadership.
- ✓ Identify two potential professionals (formal or informal) to support you in reaching your goals.
- ✓ Craft an accomplishment-oriented resume articulating the value of your liberal arts education.
- ✓ Identify two tangible action steps that assist you in achieving your goals.

Add Your Own:

- ✓ _____
- ✓ _____
- ✓ _____

Experiences:

- ☐ Participate in internships, study away/abroad, and alumni networking events.
- ☐ Attend career events (1st Avenue Career Fair, Idealist and other information sessions).
- ☐ Take stock in your multiple leadership roles (alternative break trip leaders, student life interns, symposium chairs) and consider opportunities for further development.
- ☐ Complete writing and research projects (Pioneer Log, fellowship applications, 100 Projects for Peace) to sharpen your communication skills.
- ☐ Seek experiences that stretch you to develop new skills that will help you define your future plans.

Add Your Own:

- ☐ _____
- ☐ _____
- ☐ _____

Reflections:

- Are there themes or patterns emerging from your in and out of classroom experiences?

- What passions are obvious to you? Where do you see an intersection with potential fields/careers/jobs?

- What experiences have you enjoyed the most, been proud of and performed well? What do you want to explore deeper?

- In what ways have you impacted the community? Where do you still want to make an impact?
(Think Lewis & Clark, Portland, hometown, as well as the greater community.)

- What do you still want to accomplish or contribute in your last year?

- How have you deepened your relationships with others? What lessons have you learned from challenging relationships or experiences?

STEP FOUR: EMPOWER

Navigating the transition from a structured educational setting to a more fluid environment requires focus, persistence and adaptability. Solidify relationships with faculty, staff and others. Reflect on what you have accomplished, what your next steps will be, and how you will leave your mark on the community.

Goals:

- ✓ Know yourself: interests, skills, values through reflection on experiences in and out of the classroom.
- ✓ Connect interests, passions and skills to potential job opportunities.
- ✓ Understand and appreciate the job market and how it impacts your transition from L&C.
- ✓ Articulate the value and impact of your liberal arts education for the purpose of achieving your post-graduation plan.
- ✓ Develop a clear plan of action for the next couple of years.
- ✓ Get excited about graduation!

Add Your Own:

✓

✓

✓

Experience:

- ☐ Complete a Thesis/Major academic project.
- ☐ Serve as a mentor by guiding and supporting other undergraduates through SAM, SAAB, LINCS, ASLC.
- ☐ Present research or projects at conferences and symposia.
- ☐ Round out gaps in experience and bring projects and internships to successful completion.
- ☐ Engage in Senior Experience activities.
- ☐ Develop a portfolio of professional documents, including reference letters and writing samples.

Add Your Own:

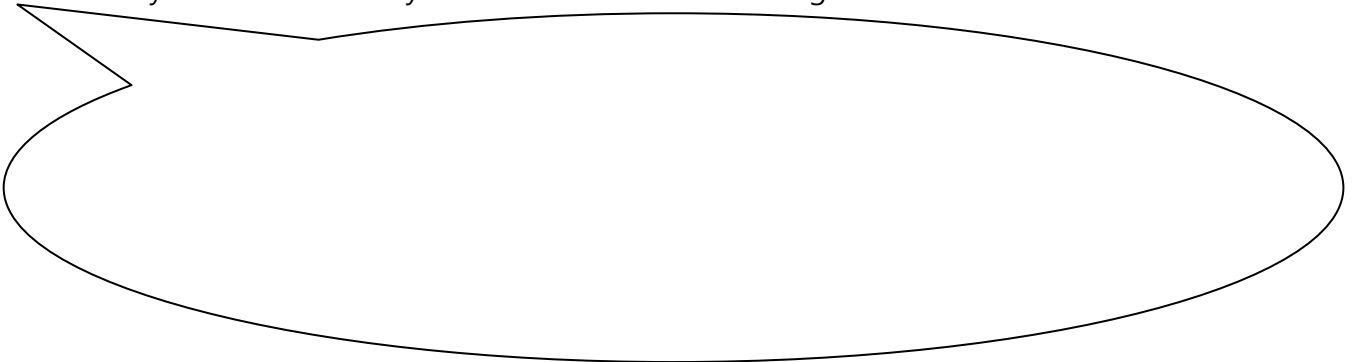
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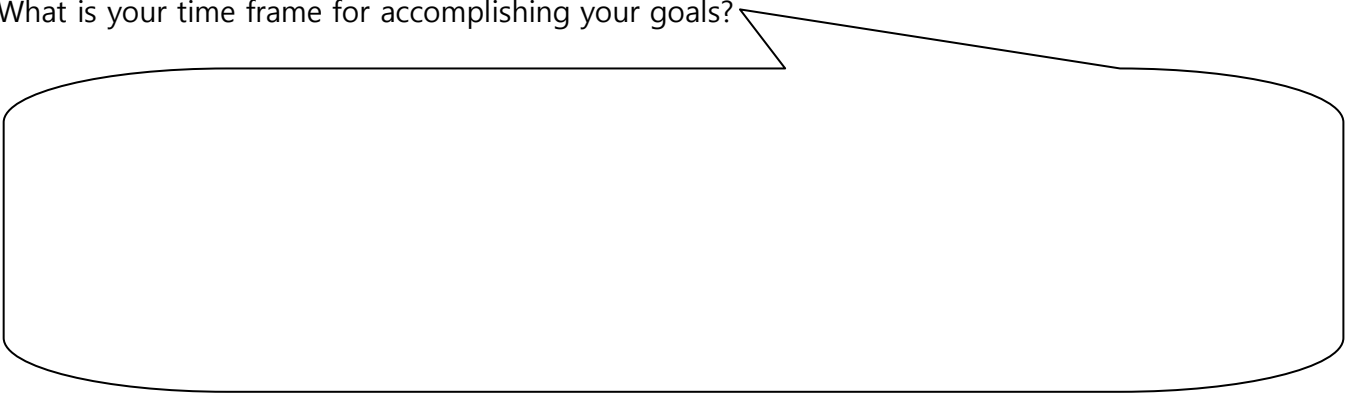
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Reflections:

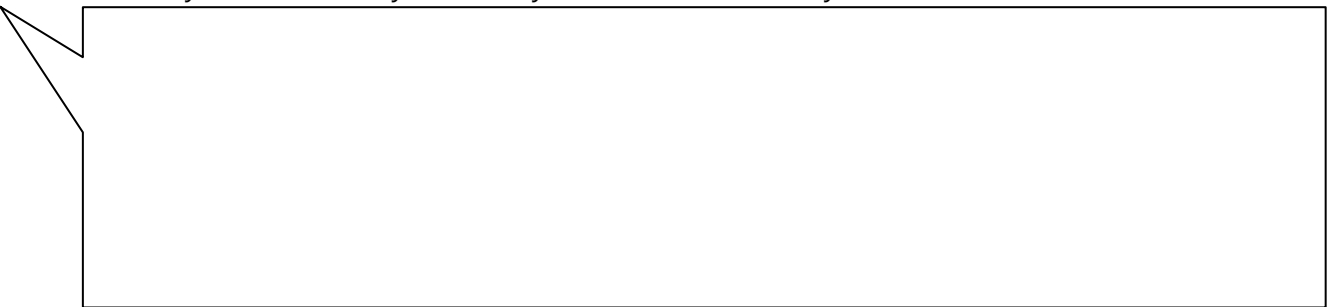
- What have you learned about yourself transition out of college?



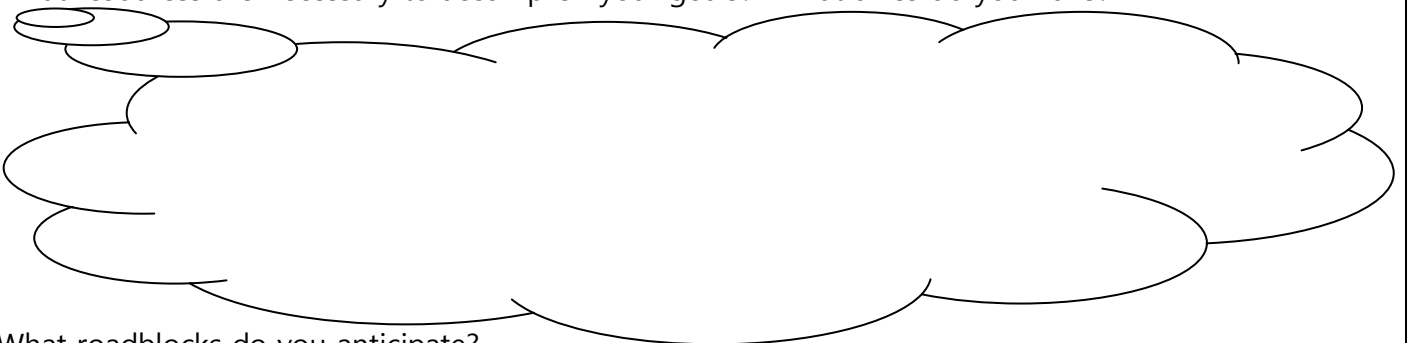
- What is your time frame for accomplishing your goals?



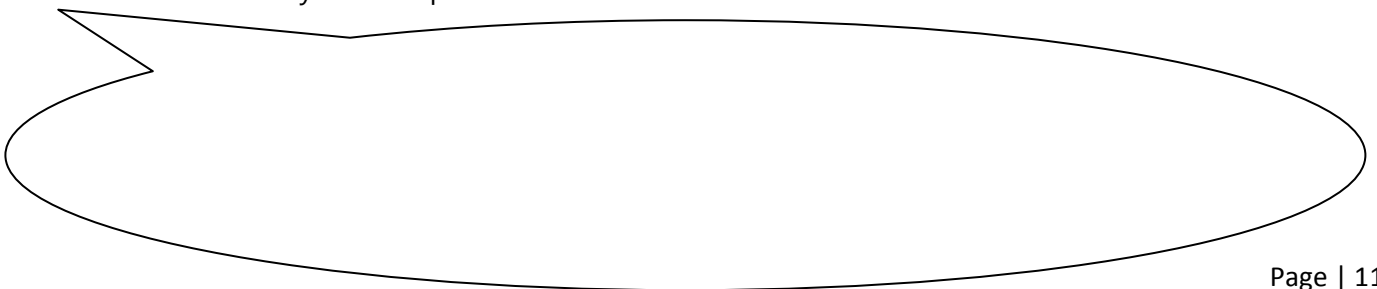
- Where would you like to see yourself a year from now? Five years?



- What resources are necessary to accomplish your goals? What allies do you have?



- What roadblocks do you anticipate?



WHO AM I?

The spirit of career planning is finding harmony between who you are and an environment that fits you. Career planning is a dynamic and continuous process as you learn and grow. Just as reading about exercise and diet won't improve your health, reading about self-assessment without actually answering the questions and engaging in some self-reflection won't assist your career development or lead to job satisfaction. Self-assessment is, in essence, taking the time to explore *your* answers to the following questions:

- Who am I?
- What are my intellectual interests?
- What do I have to offer an employer?
- What do I want from a job?

The next few pages are filled with career inventories and worksheets that will help you:

- Solidify what you want to do and what is important to you
- Improve your self-awareness
- Articulate your strengths in cover letters, interviews, etc.

HOW DO YOU GO ABOUT SELF-ASSESSMENT?

Set aside a specific block or blocks of time to go through the self-exercises in this Road Map. You do not have to do all of the exercises at once. Break them up into groups. Note that some exercises will take more time and mental energy than others. Make sure the time you spend on the exercises is quality, uninterrupted time. You will only get as much out of the exercises as you put in. Besides, you (and your future) are worth it! Keep your responses together in this Road Map. Review your responses periodically to find patterns and themes. As you complete each exercise, you discover new aspects of yourself and clarify your overall preferences. Use the integration of influences worksheet on page 18 to organize your thoughts.

Most people find this process enjoyable, as well as practical. Remember, self-assessment is not a one-time activity. Every time you obtain new information about your talents, interests, or values or about a particular work environment, note the insight in your Road Map.

It's always a good idea to bring your Road Map in with you when you meet with your career counselor!

VALUES, INTERESTS, PERSONALITY, SKILLS

Understanding your skills, interests, values, and personality is the first step toward choosing an eventual career path. Developing your self-awareness can be as formal as taking a personality or interest inventory or as informal as participation in co-curricular activities. Learn about yourself and explore your strengths and weaknesses by surveying your **VIPS** (**V**alues, **I**nterests, **P**ersonality, **S**kills). When you know your VIPS, you make more informed choices about careers. Matching careers to what you have identified as important before beginning your career research helps you stay focused. Exploring these questions through assessment tools will help you discover more about yourself and guide you to academic majors and careers most appropriate for you. A little time spent now to increase your knowledge about yourself and the world of work can save you from panic in the future.

Value Inventories Value inventories measure how important different values are to you. Examples of these values, which also play an important role in one's job satisfaction, include autonomy, prestige, interpersonal relations, helping others, flexible work schedule, outdoor work, leisure time, and a high salary.	Interest Inventories The questions in an interest inventory ask you about your likes and dislikes regarding various activities. The premise of this self-assessment tool is that people who share similar interests will also enjoy the same type of work. Examples of interests are reading, music, running, and knitting.
Personality Inventories A personality inventory looks at one's individual traits, motivational drives, needs, and attitudes. The most frequently used personality inventory is the Myers-Briggs Type Indicator (MBTI).	Skill Inventories In addition to determining what and how well you perform, a skills assessment also helps you figure out what you enjoy doing. The skills you use in your career should combine both characteristics. You can use the results of the skills assessment to make some changes by acquiring the skills you need for a particular career.

What are the Strong Interest Inventory and Myers-Briggs Type Indicator (MBTI)?

The Strong and MBTI are instruments used to measure your unique interest areas and personality preferences as related to specific job tasks and characteristics. Each instrument takes about 40 minutes to complete.

The Strong is completed on your computer with results sent to your career counselor. This instrument will ask you questions that get at your interest areas. For example: Do you like to paint or draw? Take dance classes? Like the mental challenge of chess? What are your hobbies? Assessing your level of interest areas will help locate general occupations for you to consider.

The MBTI is paper-and-pencil and scored by hand. The MBTI asks you things such as: Are you quiet or outgoing? Good with numbers or ideas? Do you prefer structure or flexibility in your schedule? Answers to these questions help pinpoint careers you might find more satisfying.

Once you have completed the Strong and MBTI, meet with a career counselor for an hour to interpret the results, answer questions, and brainstorm ideas for next steps.

The inventory fee is \$15 covers both instruments and covers the cost for the office to be able to provide them to you. We strongly suggest that both instruments be taken in tandem as they each provide different aspects of your job preferences. Don't let the \$15 deter you from completing the instruments – talk to your career counselor about a reduction or waiver.

SKILLS INVENTORY

Review the list of skills and check or highlight the skills you possess. Once you have identified the skills, review that list and note any clusters of skills. For each skill, be sure you have a real example of how you used it successfully. Finally, review the list of skills and identify those you like to use. These skills are considered your strengths and are important to use in defining who you are and what makes you special.

Hands-On/Physical Skills

- ☐ Coordination
- ☐ Outdoor skills
- ☐ Athleticism
- ☐ Strength
- ☐ Stamina/endurance
- ☐ Agility/quickness
- ☐ Constructing
- ☐ Handling
- ☐ Cooking
- ☐ Installing
- ☐ Operating tools/machines
- ☐ Producing
- ☐ Repairing/restoring
- ☐ Gardening
- ☐ Designing
- ☐ Building

Communication Skills

- ☐ Clear communication/spoken
- ☐ Clear communication/business written
- ☐ Clear communication/creative written
- ☐ Persuading
- ☐ Defining
- ☐ Editing/restatement
- ☐ Interviewing
- ☐ Summarizing
- ☐ Public speaking to large groups
- ☐ Reading for meaning
- ☐ Reading for summarizing
- ☐ Languages
- ☐ Not afraid of competition
- ☐ Follow through
- ☐ Ethical/trustworthy

Leadership/Influencing/Motivational Skills

- ☐ Relates well to others
- ☐ Builds teams and alliances
- ☐ Negotiates agreements
- ☐ Settles disagreements
- ☐ Persuades and guides
- ☐ Sells ideas/promotes
- ☐ Manages self
- ☐ Sets priorities
- ☐ Identifies direction

- ☐ Works without supervision
- ☐ Accepts responsibility
- ☐ Delegates
- ☐ Monitors progress
- ☐ Manages meetings/conferences
- ☐ Identifies problems and solutions
- ☐ Manages up and down the organization
- ☐ Adapts to new situations
- ☐ Builds teams
- ☐ Works well independently
- ☐ Motivates
- ☐ Guides and coaches
- ☐ Demonstrates integrity and values
- ☐ Professional appearance
- ☐ Marketing

Interpersonal/Teaching/Coaching Skills

- ☐ Listening
- ☐ Identifying learning areas
- ☐ Provide instruction/input
- ☐ Create learning opportunities
- ☐ Facilitate group process
- ☐ Encourage/guide
- ☐ Design learning modules
- ☐ Summarize/provide overview
- ☐ Instruct/provide detail
- ☐ Advise/coach one on one
- ☐ Problem solving
- ☐ Sympathetic
- ☐ Helping
- ☐ Accepting
- ☐ Forms good rapport
- ☐ Mediating
- ☐ Handles problems/complaints
- ☐ Providing service
- ☐ Flexible

Learning Skills

- ☐ Observation
- ☐ Identifying trends
- ☐ Synthesizing
- ☐ Analyzing/assessing
- ☐ Summarizing
- ☐ Retains facts and details
- ☐ Learns by doing

- ☐ Learns by reading
- ☐ Learns by listening
- ☐ Learns by process in the moment
- ☐ Extrapolates to other situations

Artistic/Creative/Innovative Skills

- ☐ Noticing beauty/aesthetics
- ☐ Designing visually
- ☐ Designing materials
- ☐ Symbolic thinking
- ☐ Creating/shaping things
- ☐ Imagining
- ☐ Performing
- ☐ Interrelating materials/themes
- ☐ Improvising
- ☐ Noticing trends
- ☐ Developing new approaches
- ☐ Demonstrating foresight
- ☐ Experimenting
- ☐ Adapting ideas
- ☐ Tolerating lack of structure

Technological/Financial Skills

- ☐ Math computation
- ☐ Using statistics
- ☐ Identifying trends
- ☐ Problem solving
- ☐ Accounting
- ☐ Forecasting
- ☐ Estimating
- ☐ Financial planning
- ☐ Budgeting

Analytical Skills

- ☐ Problem Solving
- ☐ Can make decisions with ambiguous, incomplete, or conflicting information
- ☐ Event planning
- ☐ Organization
- ☐ Attention to detail
- ☐ Initiative

TOP 5 SKILLS

Top 5 Skills	If you are already proficient in the skill, give an example.	If you need to further develop the skill, list opportunities for developing the skill.	How did you gain the skill?
Example: Team Work	I worked in a team of 3 interns to research insulin administering techniques in persons with diabetes during my internship at OHSU last summer.		☐ Leadership ☐ Curriculum ☐ Global Experience ☒ Internship ☐ Community Engagement
			☐ Leadership ☐ Curriculum ☐ Global Experience ☐ Internship ☐ Community Engagement
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			☐ Leadership ☐ Curriculum ☐ Global Experience ☐ Internship ☐ Community Engagement

WORK VALUES INVENTORY

It is key to select potential career options that are congruent with your values. The list below will help you to identify those values that you think will be important to you in your work. Read each value and decide if it is always, sometimes or never important to you. Place an "X" in the appropriate box. If you are unsure about the definition of a value, use your own. Use the blank boxes to add your own values if they are not on the list.

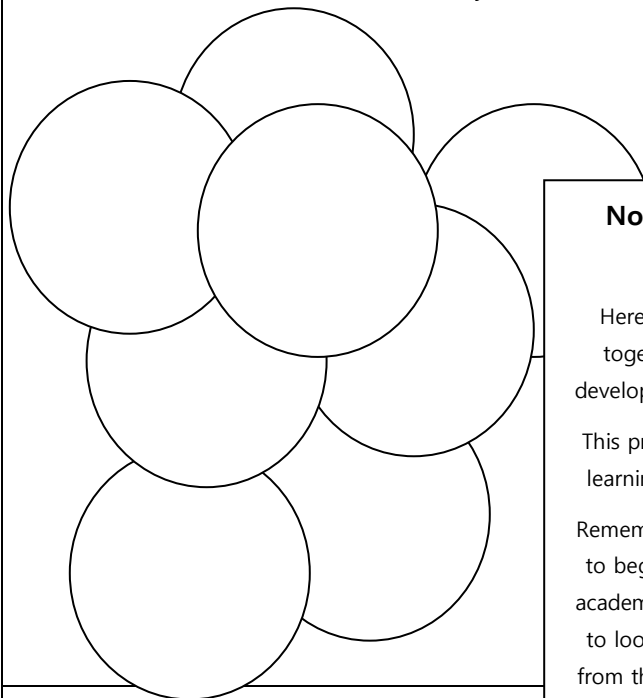
	Level of Importance				Level of Importance		
Work Value	Always	Sometimes	Never	Work Value	Always	Sometimes	Never
Diversity				High Earning Potential			
Relaxed Environment				Intellectual Status			
Moral Fulfillment				Challenging Problems			
Help Others				Status			
Creativity				Affiliation			
Independence				Learning			
Recognition							
Honesty & Integrity							
Work-Life Balance							
Influence People							
Family							
Spirituality							
Fun & Humor							
Artistic Creativity							
Work Alone							
Community							
Location				My Top Work Values Narrow your list to only 10 always important values.			
Friendships							
Time Freedom							
Security							
Help Society							
Advancement							
Environment							
Make Decisions							
Change & Variety							
Excitement							
Precision Work							
Aesthetics							
Stability							
Supervision							
Practicality							
Fast Pace							
Competition							
Work Under Pressure							
Physical Challenge							
Adventure							
Structure & Predictability							
Work with Others							
Power & Authority							

INTEGRATION OF INFLUENCES

Use the worksheet below to organize your thoughts about the four main influences that inform your career decision making process. Draw from your reflections, inventories, goals and experiences.

Values

Create a cluster of what you value most here.



Interests

Strong Theme Code

Brainstorm occupational interests that fit you here.

Example: I enjoy people; need creative outlet; enjoy managing systems, etc.

Now it's time to integrate!

Here is where you pull together your VIPS to develop occupational ideas.

This process of integrative learning is in your hands.

Remember, it is your ability to begin connecting your academics with experiences to look for ways to move from the role of student to that of citizen.

What 4-5 occupational ideas are obvious to you?

Personality

MBTI Preferences

List phrases from your MBTI description that fit you here.

Example: Prefer reflecting before responding in meetings; Like spontaneity.

Skills

Include a variety of basic, systems, technical, social or comprehensive skill sets here.

Take the next step by moving your occupational ideas to the research section.

Go to the O*NET online resource at onetonline.org to learn more about the occupations you're considering and to develop other ideas.

RESEARCHING YOUR OCCUPATIONAL INTERESTS

There are many ways to identify occupations that fit your personal profile: reading about them, researching them on the internet, talking with professionals in the field, and attending campus career presentations. You can also test out a possible career choice through career-related internship or work experience. To make sure you have the most accurate picture of a career and/or occupation, it's best to use multiple methods to gather information. The resources listed below are just a starting place; talk to your career counselor about additional resources.

We suggest you start with these online resources:

Occupational Information Network (O'Net) onetonline.org

Maintained by the Department of Labor, this site allows you to find jobs that fit your interests, skills and experience; explore career profiles from the latest labor market data; search for occupations that use your skills; and view specific details about occupations and identify related occupations.

Occupational Outlook Handbook (OOH) bls.gov/oco

The OOH, from the U.S. Bureau of Labor Statistics, gives you detailed information on 250 occupations. Each listing addresses the employment outlook, job duties, earnings, working conditions, training, education, qualifications and career advancement.

Health Careers healthcareers.about.com

Comprehensive information on health careers including articles, salary information, FAQs, health care issues, student and practitioner profiles and more.

Job Profiles jobprofiles.org

A career exploration and inspirational web site where experienced workers share their motivations, basic skills and advice with those just entering the career field. The profiles are of real people and the work covers a wide variety of jobs.

Job Star jobstar.org

Career Information. Originally developed for California job changers, this site includes articles on career information, links to resources, and lists of books to look for in your local public library.

LinkedIn: Lewis & Clark College Career Network (L&C Net) go.lclark.edu/3CE

The Lewis & Clark College Career Network (L&C Net) is a network of 1000+ alumni and parents who have volunteered to act as career "experts" to L&C students and alumni in transition. Hosted as a group on LinkedIn, alumni volunteers live in locations throughout the United States and abroad, and represent a cross-section of industries and professional careers. Another way to connect with alumni is the Alumni Career Corps (ACC). Twice a month alumni are available for one-on-one sessions during which they will assist students with practical career advice as well as offer a range of career perspectives. There are a large number of L&C alums who want to be supportive too. Talk with your career counselor about getting your Piolink and LinkedIn accounts active.

Once you have done some investigation around career ideas schedule a meeting with your career counselor to learn about informational interviewing as the next step for learning about occupations. Or, you may feel confident about a particular area and are ready to check it out through an internship, summer job or volunteer role. Here is where your family, friends and others can assist you in developing connections with professionals.

OCCUPATION EVALUATION WORKSHEET

Using an occupation evaluation table is one way to compare various career options you are considering. By putting the options side by side and comparing them in specific areas, you can get a clearer picture of how they stack up against each other.

1. In the first column, list the conditions you want to evaluate and compare. For example, you will want to compare such things as how well each job meets your interests, values, and skills. Will you have to go back to school or learn certain skills before you are qualified for the job? What can you expect the starting salary to be for each job? Arrange your list of requirements from most important to least important.
2. Arrange your list of occupations in the other columns and title them. For example, you might be considering three career options, such as nursing, teaching, and journalism. If you have more than three options, add extra columns to the sheet.
3. In each column, note how well the occupation matches the requirements listed. If you don't know how well an occupation satisfies a particular requirement, do some more research to find out.
4. Compare how each option meets the different requirements you have listed and choose the one which seems to most closely match your requirements.

What is important to me?	Occupation 1:	Occupation 2:	Occupation 3:
My most important values : 1. 2. 3. 4.			
My strongest interests : 1. 2. 3. 4.			
My personality characteristics: 1. 2. 3. 4.			
The skills I would most like to use: 1. 2. 3. 4.			
Other factors: 1. 2. 3. 4.			
My education level:			

NOTES:

[illegible]

NOTES:

[illegible]

3CE ENGAGEMENT OPPORTUNITIES

EVENTS + PROGRAMS:

Each semester, 3CE designs events to meet your educational needs and interests. Check out our current calendar of events on our website, go.lclark.edu/3CE or on PiLink, at: <https://lclark-csm.symplicity.com/students>. Connect with us on Twitter: [Http://twitter.com/engagingLC](http://twitter.com/engagingLC). Join our 3CE Facebook Group: <http://bit.ly/Zoubo>

ONE-TIME VOLUNTEER OPPORTUNITIES:

These opportunities will introduce you to a variety of organizations and social justice issues impacting communities in greater-Portland: everything from hunger and homelessness, healthcare and literacy. Both the MLK Day of Service and Spring into Action are student led!

OVERNIGHT SERVICE:

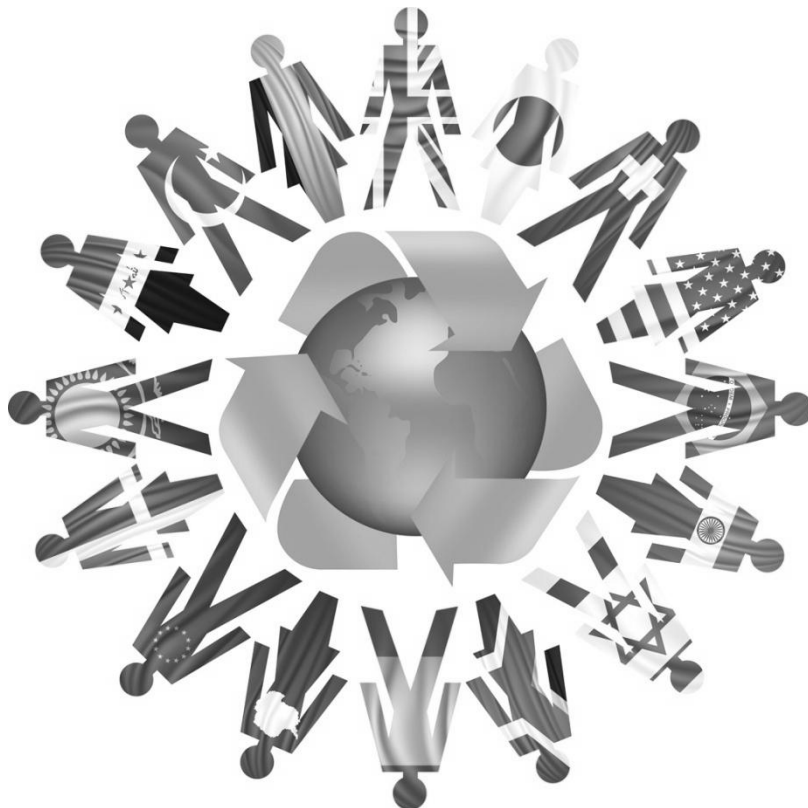
An in-depth exploration of social justice issues impacting both local and regional communities awaits you on our Over-Night Service trips. These trips are student led!

ONGOING SERVICE:

Relationships are key to successfully impacting communities; and, our On-Going Service opportunities give you the chance to develop authentic and meaningful relationships in the greater-Portland community.

LEADERSHIP DEVELOPMENT:

Explore various topics through leadership development; and, practice your skills by leading one of our One-Time or Overnight Service opportunities.



3CE SERVICES

Meet individually with a 3CE staff member for advice on a variety of career and community engagement topics.

To schedule an appointment, visit us online at go.lclark.edu/3CE.

COMMUNITY ENGAGEMENT ADVISING:

Schedule an advising appointment to explore volunteer, service, and leadership opportunities in the greater-Portland community and beyond.

MAJOR + CAREER EXPLORATION:

Learn about major and career paths. Explore interests, skills, and values; gather information about potential fields.

CAREER ASSESSMENTS:

Complete the Myers-Briggs Type Indicator and the Strong Interest Inventory to learn about your own interests, skills, and values. Our staff will review results with you and help determine a plan of action.

RESUME + COVER LETTER REVIEWS:

Receive assistance crafting and customizing professional correspondence that showcases your skills and experience.

INTERNSHIPS:

Get help finding an internship to gain professional experience. Talk to a career advisor and take a look at the NIC database (<https://nic-csm.symplicity.com/students>) to get started.

JOB SEARCH PLANNING:

Develop skills around conducting an effective job search. Learn to create a powerful resume and cover letter, research your target market, network in your field, and polish your interviewing skills.

MOCK INTERVIEWS:

Prepare for an interview with a practice session and receive feedback on interview skills.

GRADUATE + PROFESSIONAL SCHOOL:

Explore graduate school options with staff and receive feedback on applications, essays, and personal statements.

PIOLINK: <https://lclark-csm.symplicity.com/students>

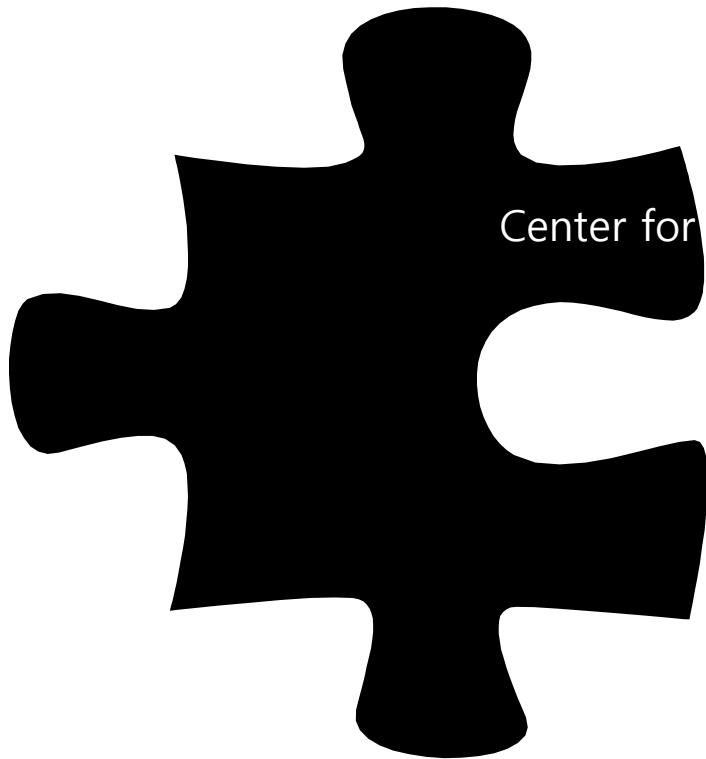
Search for jobs and volunteer opportunities through the PioLink database. Check out upcoming events and create your own career profile to help employers find you. Log your community service hours and document your leadership and community service experiences.

NATIONWIDE INTERNSHIP CONSORTIUM (NIC): <https://nic-csm.symplicity.com/students>

Find thousands of national internship possibilities on the National Internship Consortium database.

LINKEDIN: LEWIS & CLARK COLLEGE CAREER NETWORK (L&C NET): go.lclark.edu/3CE

Connect to a network of 1000+ alumni and parents who have volunteered to act as career “experts” to L&C students and alumni in transition.



Center for Career and Community Engagement

Come Visit Us!

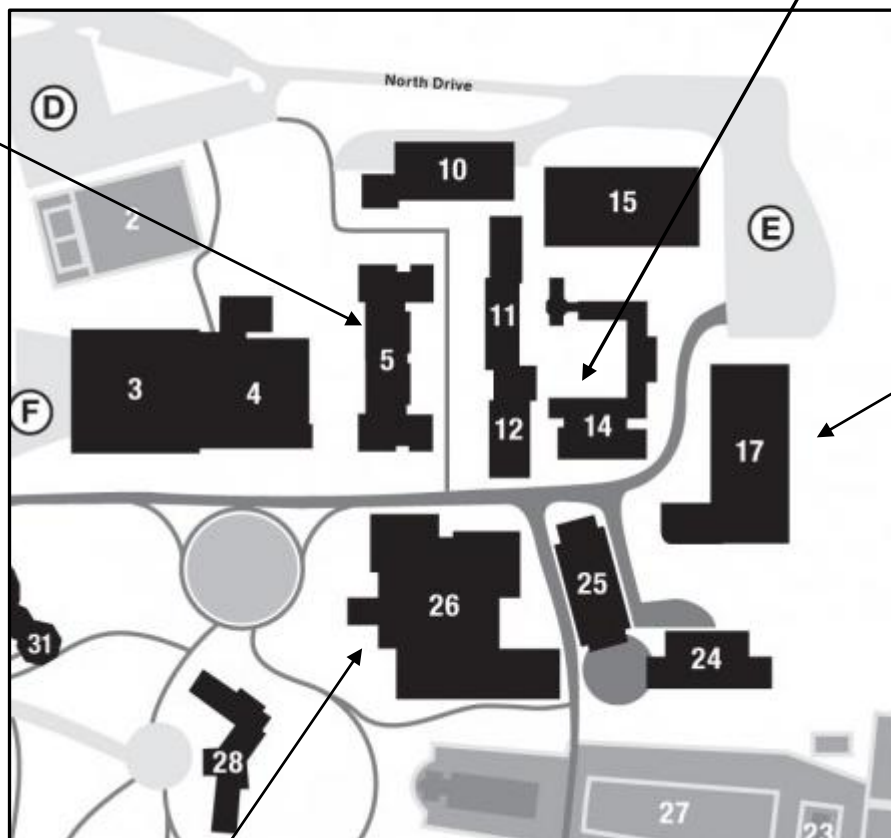
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