

The Power of Pausing:
Introducing Students to Vocational Reflection

Ryan J. White
Director, Academic Advising
Director, First Year Seminars

“We do not learn from experience ...
we learn from reflecting on
experience.”

-John Dewey

FYS Objective #5

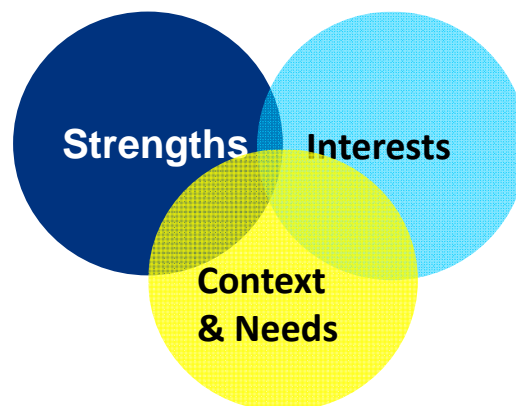
Learn about the purposes of a liberal arts education, including personal and intellectual development as well as vocational discernment and career preparation.

Vocation / Calling

Theological

- General
- Particular

Vocational Reflection



FYS Resources

1. Supplemental Sessions
 - Vocation
 - StrengthsQuest
2. Liberal Arts Essay

Advising Approaches

- Give them space to breathe

Vocational Reflection Pause

Consider your experiences from the previous year. When were you the most engaged, motivated, and alive? Who was involved? What did you do? What happened? How did it feel?

Are there ways to further embrace and pursue those experiences over the coming month?

Advising Approaches

- Give them space to breathe
- Focus on strengths first
- Changing questions
 - from what should I do, to who am I
 - from what should I do with my life, to what should I commit to next
- Acknowledge their anxiety
- Getting students to experiences
- Working toward habits not just answers