Activity: Vocational Map

Time: 30 minutes

Materials: Large paper, pen/pencils in varying colors

1. Make a list of 25 different milestones, relationships, people, jobs, or experiences that brought you to where you are today. Focus on what brought you to enjoy the activities or subjects you enjoy, what brought you to attend college in the first place, and what made you choose Spring Hill College and your major (if you have one).

2. Create a map with your milestones. Connect them chronologically, making note of the impact they had on your state of mind at the time. Draw your map on a large piece of paper.

3. Pick two random points and try to add in five more milestones, people, or experiences that got you from one step to the next.

4. Choose a different pen color and note your emotions throughout the map. How did you feel before and after specific milestones? When did you last feel overwhelmed or totally satisfied?

5. Review your map. Take note of patterns, activities, themes, and clues that could inform your next step.

6. Discuss with the group: what themes or patterns emerged? What emotions did I feel at big turning points? How do I understand my vocation story so far?