

# THRIVE WITH PURPOSE

COLLEGE EDITION

*Helping students ignite their calling,  
build confidence, and design  
purposeful careers.*

*A Companion Workbook By Patti Boyle*

# Module 1: Know Yourself

*Your career journey begins with self-awareness. Understanding your strengths, values, and passions will guide you to opportunities that align with who you are.*

## Reflection Questions:

- List three activities that energize you the most.
- What strengths do your friends or professors often point out in you?
- When have you felt most fulfilled—what were you doing?

## Action Step:

Create a one-sentence personal mission statement that reflects your values and passions.

# Module 2: Discover Your Passion

*Passion is the fuel that keeps you motivated. Exploring what excites you will help you identify potential career paths that feel meaningful.*

## Reflection Questions:

- What subjects or topics do you naturally want to learn more about?
- Describe a time when you lost track of time doing something. What was it?
- What problems in the world do you feel most called to solve?

## Action Step:

Identify one field or industry that connects to your passions and research three potential career paths.

# Module 3: Build Your Skills & Resume

*Employers seek students who can demonstrate skills and initiative. Start developing your toolbox now through projects, volunteering, and leadership roles.*

## Reflection Questions:

- What skills have you gained through classes, jobs, or volunteer work?
- What skills do you still need to develop for your dream career?
- Who could mentor you in building those skills?

## Action Step:

Update your resume to reflect at least one new skill or experience gained this semester.

# Module 4: Networking & Informational Interviews

*Building relationships opens doors to opportunities. Networking is about curiosity and authentic connection, not just asking for jobs.*

## Reflection Questions:

- Who in your current circle could you reach out to for advice?
- List three professionals or alumni you'd like to learn from.
- How do you usually introduce yourself? Is it clear and engaging?

## Action Step:

Schedule one informational interview with an alum, professor, or professional this month.

# Module 5: LinkedIn & Digital Branding

*Your online presence matters. LinkedIn is your digital resume and networking hub, so start building your brand early.*

## Reflection Questions:

- What does your current LinkedIn profile say about you?
- What keywords reflect your skills and career interests?
- Which student projects or achievements could you highlight?

## Action Step:

Update your LinkedIn profile with a headline, summary, and one new accomplishment.

# Module 6: Internships, Part-Time Jobs, Experience

*Real-world experience sets you apart. Seek opportunities to apply your classroom learning to hands-on experiences.*

## Reflection Questions:

- What part-time jobs or internships could help you build relevant skills?
- What roles are available on campus that align with your career interests?
- What project could you create to showcase your initiative?

## Action Step:

Apply to at least one internship, part-time role, or volunteer opportunity this semester.

# Module 7: Thriving in Transition (Handling Setbacks)

*Every career journey includes challenges. Learning how to adapt and grow through setbacks builds resilience.*

## Reflection Questions:

- What was a recent challenge you faced, and how did you handle it?
- What do you typically do when you feel stressed or stuck?
- Who can you turn to for encouragement and perspective?

## Action Step:

Write down one setback you've experienced and identify one lesson you learned from it.

# Module 8: Designing Your Career Path Forward

*Career planning is not one-and-done. It's an evolving journey that combines reflection, learning, and experimentation.*

## Reflection Questions:

- What would your ideal career look like in 5 years?
- What values must be present in your future workplace?
- What small step can you take this month to move closer to your vision?

## Action Step:

Draft a 3-step action plan for the next 6 months to move closer to your career goals.