

Your Journey With Your Career Coach



Figure 1: GROW Diagram

GROW

(Goal, Reality, Options, Will)

The office of Career and Post-Graduate Development seeks to ensure that Ursinus graduates are strongly positioned to succeed. To set themselves up for success, students are encouraged to partner with career coaches. During interactions students talk about their **goals** and identify the **realities** that may impact those goals. Coaches then help students to identify the **options** that are available, which then enables students to develop a plan for what they **will** do.

What Should Matter To Me?

- Discuss my goals and create a plan to achieve those goals with my Career Coach
- Utilize Bear Tracks to document papers, projects, and experiences that matter to me
- Assess and discuss my strengths with my Career Coach

How Can We Understand the World?

- Identify obstacles I am facing and share with my Career Coach
- Find experiential learning opportunities that let me explore my career interests
- Make meaningful connections between what I am learning inside and out of classroom

How Should We Live Together?

- Network with fellow Bears through events and virtual platforms
- Attend events and programs that allow me to learn more about career paths and discuss them with my Career Coach
- Partner with faculty and staff

What Will I Do?

- Create a partnership and build trust with my Career Coach
- Agree to take ownership and accountability of my career journey
- Reflect on my previous experiences and consider how they impact my career goals