

# Your Journey With Your Career Advisor



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 advisors. During interactions students talk about their **goals** and identify the **realities** that may impact those goals. Advisors then help students to identify the **options** that are available, which then enables students to develop a plan for what they **will** do.

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### *What Should Matter To Me?*

- Discuss my goals and create a plan to achieve those goals with my Career Advisor
- Document papers, projects, and experiences that matter to me
- Assess and discuss my strengths with my Career Advisor

### *How Can We Understand the World?*

- Identify obstacles I am facing and share with my Career Advisor
- 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 Advisor
- Partner with faculty and staff

### *What Will I Do?*

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