

Connectedness

People who are especially talented in the Connectedness theme have faith in the links between all things. They believe there are few coincidences and that almost every event has a reason.



General Academic Life Tips

- Ask yourself, "What life lessons am I supposed to learn today through my studies and the challenges they present? What is at work here that is much more important than passing a test or getting a good grade?"
- Search for linkages between your coursework and what you're being called to contribute to the entire human family today and in the future.
- Examine how your life is inextricably tied to those of people in other parts of the world and from the past. Name as many of these connections as you possibly can.
- Start each day by reading an inspirational verse or a piece of scripture from your faith. Sit in silence with these words for 10-15 minutes. Open yourself to surprising discoveries about how to best approach your studies and other people.
- Keep a journal. Let your ideas and feelings flow freely. Write without editing. Find purpose and meaning in your personal and academic life.



Extracurricular Activities

- Consider meeting with a spiritual advisor every four to six weeks. Describe instances of being keenly aware of the "invisible hand" of a life force, higher power, or God acting in your life. Be attentive to patterns and recurring questions.
- Get involved in campus groups and ministries to nurture your faith tradition or introduce you to new forms of spirituality.
- Opt for nontraditional school vacations. Volunteer to build a Habitat for Humanity® house, travel to a third-world nation to help in a medical clinic, clean up an inner-city neighborhood, or work with urban families to plant a neighborhood vegetable garden.
- Mentor at-risk students during the school year. Become a reading tutor for adults. Teach English to immigrant and refugee families. Record books for the blind. Serve as a camp counselor for handicapped or terminally ill children.



Career Development Tips

- Talk to your mentor about the connections you see between your volunteer opportunities, your values, and your mission in life. This relationship can provide a valuable sounding board through which you can articulate the connections that you see so naturally.
- Incorporate your need to serve all of humankind into whatever career you choose. Working in fields and for organizations whose values mirror your own will enable you to feel the deep sense of meaning that is so important to you.
- Environments that allow you to interact with others and help them find meaning and purpose will bring out your best. Avoid environments that emphasize routine procedures or rote skills, as they may drain you.
- Talk to people who have made a lifetime commitment to a specific ministry within your faith tradition. Hearing them articulate their sense of connectedness and spirituality may help you determine whether this level of commitment is appropriate for you.