What is Vocational Wellness?

Is matching your core values with interests, hobbies, career, and volunteer work. As you uncover your talents and passions, you express yourself to the world. Here are seven questions to ask yourself to assess your vocational wellness:

1. Am I open to learning new skills and/or readily seek out opportunities to learn new things?

2. Do I volunteer my time to causes that are important to me?

3. Does my job and/or school work align with my values and make me feel that I am contributing to the world in a meaningful way?

4. Do I feel my current job or classwork will lead me to what I ultimately want to do with my life?

5. Am I using my personal talents and abilities to further my career and/or help others?

6. Do I feel that I have the skills and abilities to achieve what I want to achieve personally and professionally?

7. Do I readily seek out assistance from places such as the Career Center or professional development opportunities that can provide me with resources to fulfill my purpose?

Campus Resources

https://www.careercenter.illinois.edu
http://union.illinois.edu/get-involved/office-of-volunteer-programs