WHY Purpose?

“We Foster Purpose!” is the mission of MSU’s Career Services Network. Our focus is to help you in developing a strong sense of purpose for your life. Why is this important? Research shows that when people have a strong sense of purpose in life, they tend to be more happy and successful!

Success In college

Purposeful young adults are more likely to...
- Achieve higher grades and test scores
- Engage in deep and meaningful learning
- Graduate from college
- Be psychologically (and physically) healthy

Success After college

Purposeful young adults are more likely to...
- Be satisfied in their life and work
- Experience more meaningful lives
- Be engaged at work/view their work as a calling
- Make more money

The evidence is clear: Purposeful young adults are more successful and satisfied in college, work, and life. By helping you explore and develop your purpose, we are setting you up for a lifetime of success!

WHAT IS Purpose?

PURPOSE noun \pär-pəs\  
the feeling of being determined to do or achieve something; the aim or goal of a person; what a person is trying to do or become

One way to describe your purpose is as life/career goals in the intersection of your:

- abilities/skills,
- passions/interests, and
- ways they want to help others (societal needs)

All three areas are critical to the development of your purpose!

HOW CAN YOU EXPLORE YOUR Purpose?

Purpose development is a lifelong process, but it begins now!

Here are 5 ways you can explore your purpose (and connect it to your major/career goals):

Use the purpose exploration exercise on page 15 to identify your skills/abilities, passions/interests, and ways you want to help others. If you get stuck, or are not sure what to write down, you can check out career assessments (see page 18).

Set up a meeting with a Career Consultant (via Handshake) once you have made some progress on this purpose exploration exercise. Bring in this Handbook to discuss your purpose and identify some “purposeful” majors/careers.

Investigate the majors/careers you discuss with your Career Consultant.

Check out online resources like the Occupational Outlook Handbook, O*Net, and “What Can I do With This Major” (see page 15).

Gain experience and knowledge about specific career fields by working, interning, and interviewing professionals in your areas of interest (see pages 22-30).

Participate in volunteer, leadership, and extracurricular activities to continue to explore your abilities/skills, passions/interests, and ways you want to help others. These kinds of experiences not only build your self-awareness, but they also look great on a resume! (See page 17.)
What do you love doing? When are you happiest in life?
__________________________________________________
__________________________________________________
__________________________________________________

What motivates, excites, inspires, or engages you most in life?
__________________________________________________
__________________________________________________
__________________________________________________

What do you think about when you have free time?
__________________________________________________
__________________________________________________
__________________________________________________

Which populations / social issues do you care most about?
__________________________________________________
__________________________________________________
__________________________________________________

How would you like to help make the world a better place?
__________________________________________________
__________________________________________________
__________________________________________________

How would you like to be remembered by others?
__________________________________________________
__________________________________________________
__________________________________________________

What are you really good at doing?
__________________________________________________
__________________________________________________
__________________________________________________

What are some skills that come naturally to you?
__________________________________________________
__________________________________________________
__________________________________________________

What do other people ask for your help with?
__________________________________________________
__________________________________________________
__________________________________________________

Careers to Explore:

Majors to Explore:

Next Steps: