

# Connecting Career Exploration and Wellbeing



**RECREATION  
& WELLBEING**  
UNIVERSITY OF WISCONSIN-MADISON

The background of the slide features a dark gray field with a pattern of overlapping, concentric circles in a lighter gray shade. These circles are arranged in a way that they create a sense of depth and movement, resembling ripples on water or a series of orbits. The circles are not perfectly aligned, creating an organic, flowing pattern.

# Pause

Mindfulness Practice

# WHO I AM

**Lee Weintraub, MPH, CHES (she/her)**

- Coordinator of Wellbeing at Rec Well
  - Supervisor of the Rec Well Wellness Coaching Program
  - Double Badger
  - Former user of CCAS services



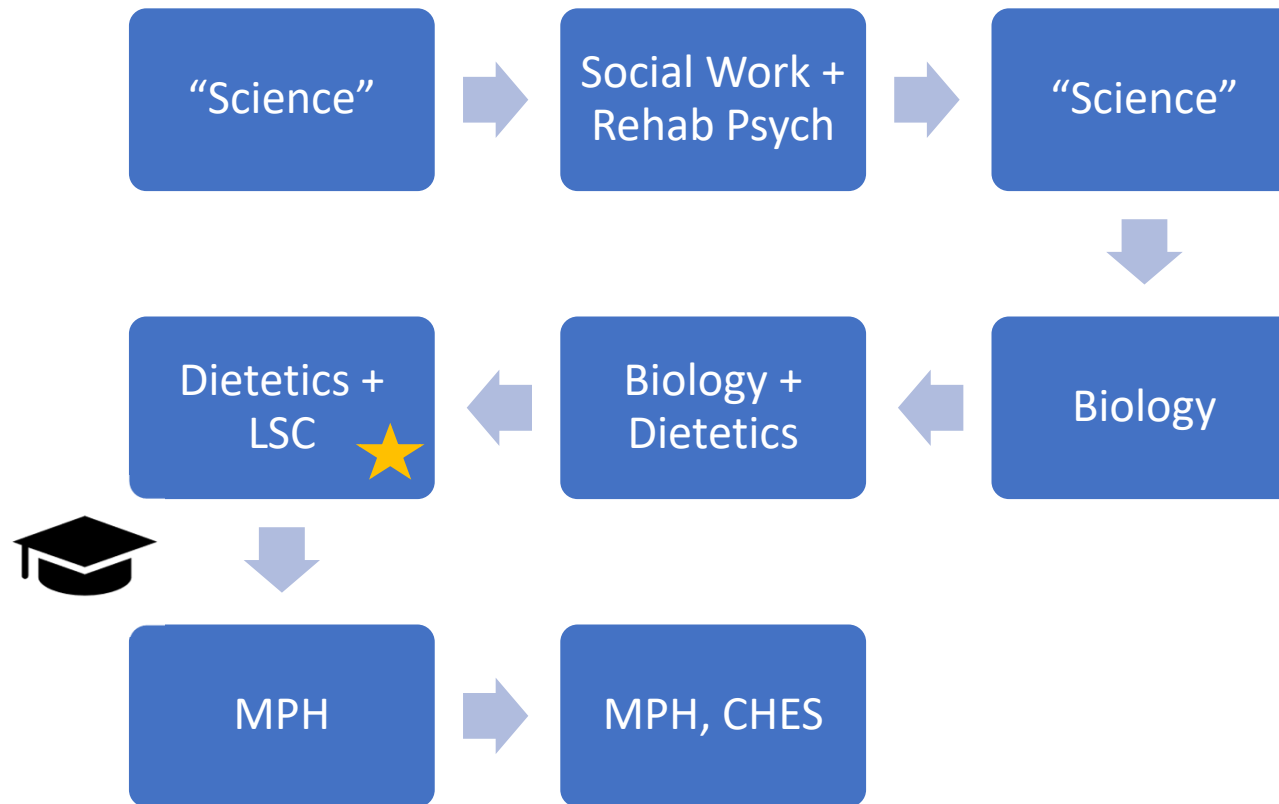
# WHO I AM

**Lauren Lindner, BA** (she/her)

- Wellbeing Professional Intern at Rec Well
  - Recent graduate of UW
  - Former Peer Wellness Coach



# MY JOURNEY + EXPLORATION



# MY JOURNEY + EXPLORATION

- Jobs
- Volunteer work
- Involvement with McBurney Center
- Extracurriculars
- Shadowing



**What is wellbeing?**



# Disclaimer



Beyond the absence of mental and physical illness, “health” is a feeling of strength and energy from your body and mind.

The feeling that you’re part of something bigger than yourself. Knowing that your life matters. Having purpose in your life.

Your capacity for persistence, emotional intelligence, grit, cognitive flexibility, adapting to change, delaying gratification, and learning from failure.

Your ability to “bounce forward” from a difficult experience.

The feeling that you are progressing personally, professionally, spiritually, and/or emotionally; learning and being challenged to use and expand your strengths.

The feeling that you have the support, resources, and autonomy to achieve your goals.



Knowing that you are safe:

- Physically
- Psychologically
- Financially
- Expressing yourself
- Showing vulnerability

Experiencing positive, trusting relationships with others. Feeling a sense of belonging, acceptance, and support.

# MEANING

- Involvement in activities that matter to you and align with your values
- Finding joy in school, work, or extracurricular activities
- Feeling at home in your major
- Feeling purpose in your life
- Gratitude
- Spirituality or lack thereof



# MEANING- EXAMPLES

- Joining a student org
- Seeking out the Career Exploration Center or an academic/career advisor
- Volunteering
- Talking with a mentor
- Trying out a course in an area of academic interest
- Working in a job/internship in a specific field
- Devoting time to hobbies and personal interests

# ACHIEVEMENT

- Taking time to reflect on your goals; making sure they're realistic
- Finding joy and celebration in your achievements
- Being involved in activities that help you move toward your goals
- Does sleep, alcohol/drug use, or technology use impact your ability to achieve your goals?
- Does your community and network support you in achieving your goals?



# ACHIEVEMENT- EXAMPLES

- Forming a study group in a challenging class or seeking out a tutor
- Putting away your phone during study time
- Joining a professional organization or student org
- Reaching out to your professor/TA when you need help understanding your course material
- Becoming involved in leadership opportunities on campus
- Working in a research lab

# GROWTH

- Feeling challenged to expand your strengths in any aspect of your life
- Finding the intersection of your interests and strengths in choosing a career path
- Pushing outside of your comfort zone sometimes



# GROWTH- EXAMPLES

- Reaching out to that professor
- Applying for that job/internship
- Trying that intriguing class
- Networking
- Shadowing/informational interviews to learn more about areas of interest and build connections in the field

# WELLBEING PUZZLE





The background of the slide is a dark grey field. Overlaid on this field are several sets of concentric circles in a slightly lighter shade of grey. These circles are of varying radii and are positioned such that they overlap with each other, creating a complex, layered geometric pattern across the entire slide.

**What impacts student wellbeing  
at UW?**

# WHAT IMPACTS WELLBEING?

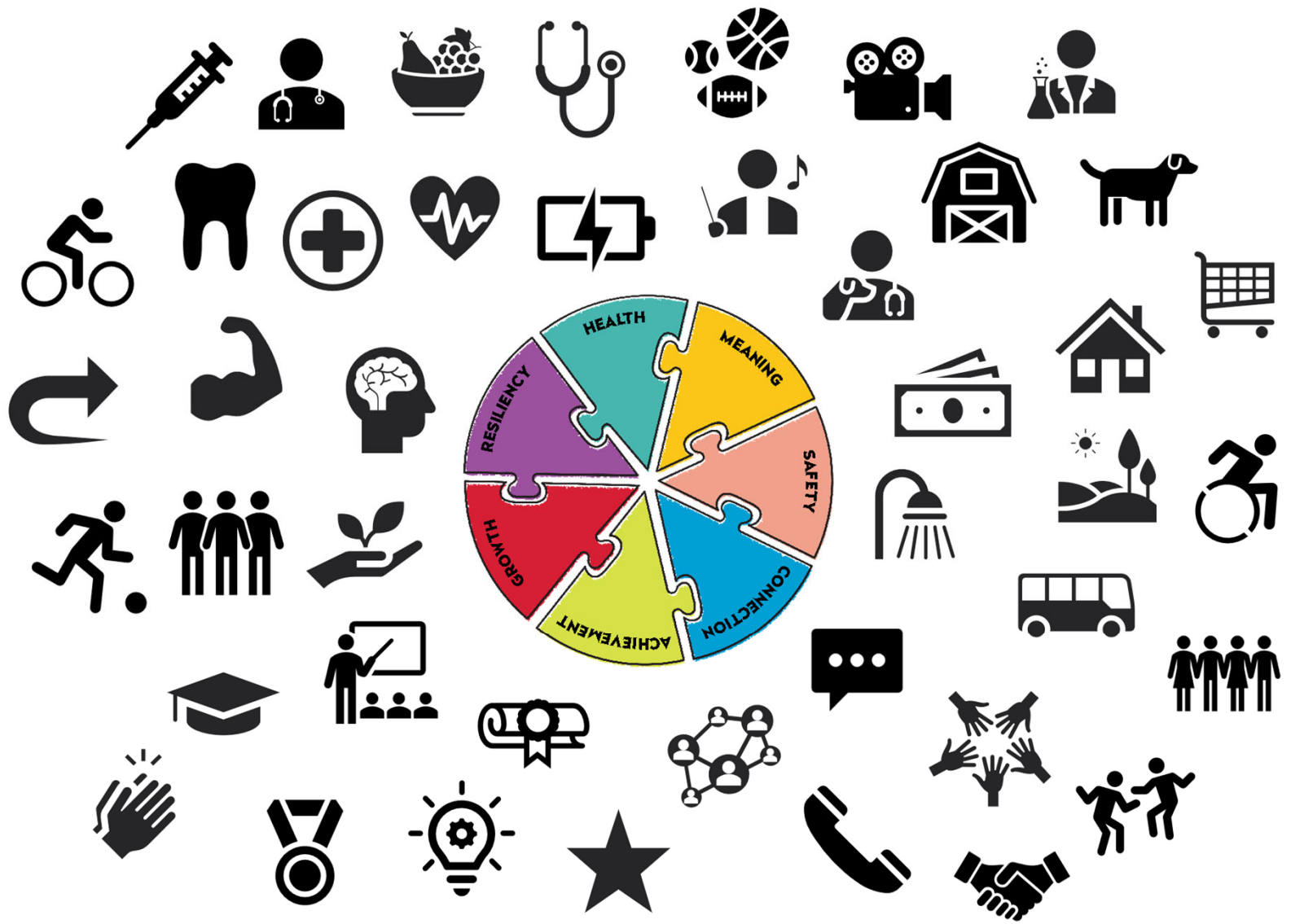
- Nutrition
- Physical activity and exercise
- Mental health
- Sleep
- Genetics
- Past or present illness or injury
- Employment and finances
- Social settings
- Education
- Career aspirations
- Spirituality
- Sexual activity
- Drug and alcohol use

# WHAT IMPACTS WELLBEING?

- Neighborhood
- Access to affordable and healthy food
- Identities
- Access to transportation
- Race + ethnicity + racism
- Access to safe places to exercise
- Access to clean water and air
- Chronic stress
- Access to education
- Access to quality health care
- Discrimination and segregation
- Family values and resources
- Social norms and attitudes
- Safety of home
- Exposure to pollution and toxins
- Incarceration
- Trauma
- Culture
- Childhood experiences
- Language + literacy
- Access to technology

# IN COLLEGE

- Where you live
- Access to affordable and healthy food
- Identities
- Access to a bike, a car, or the bus
- Race + ethnicity + racism
- Your distance to the Nick, NTS, or the Shell
- Your exposure to pollution
- Burnout
- Campus accessibility
- Your distance to UHS
- Family resources
- Social norms and attitudes
- Safety at home
- UW culture
- Language + literacy
- Access to laptop, cellphone, technology





**Think-pair-share:  
What does wellbeing mean to  
you?**

The image features a dark grey horizontal bar across the top. Below this bar, the background is white with a pattern of faint, overlapping concentric circles in a light grey color. Centered in the middle of the image is the text "Wellness Goals + Priorities" in a bold, black, sans-serif font.

# Wellness Goals + Priorities

# WELLNESS VISION

- Dream: What do you desire, long-term (6+ months), for your future self when it comes to wellness?
- Envision: Describe what it will be like when you are where you want to be.





# WELLNESS VISION *EXAMPLE*

*One of my strengths is my ability to form connections with the people around me. A long-term goal would be for me to pursue a career path that allows me to interact with/help/persuade/supervise others.*



# SEMESTER GOALS

What is a goal that is important to you to pursue over the course of the semester?

## SMART Goal

- Specific
- Measurable
- Attainable
- Realistic
- Time-bound



# SEMESTER GOALS *EXAMPLE*

*I want to get experience in different roles where I interact with people.  
My goal is to join one volunteering opportunity and one student organization that allows me to do this.*



# SHORT-TERM PRIORITIES

Knowing that finals are approaching, what is a wellness goal that is important to you to prioritize in the coming weeks?

## SMART Goal

- Specific
- Measurable
- Attainable
- Realistic
- Time-bound



# SHORT-TERM PRIORITIES *EXAMPLE*

Knowing that finals are approaching, what is a wellness goal that is important to you to prioritize in the coming weeks?

*I will attend the student org fair and find two organizations I am interested in joining.*



# PUTTING TOGETHER THE PUZZLE

- Exploring your professional goals is one way of focusing on your wellbeing and focusing on your wellbeing is a way to explore your professional goals
- Just as the seven aspects are, it is all interconnected
- Take time to reflect on your strengths, values, and ambitions and create small, actionable steps to work towards your goals



# Rec Well Wellbeing Department



# WELLBEING DEPARTMENT OFFERINGS

- Wellness Coaching
- Wellbeing Workshops
- Mindfulness Classes
- Massage Therapy
- Athletic Training





# WHAT IS WELLNESS COACHING?

- Highly-trained peer coach facilitates focused conversations that help bring about change in clients' lives
- Group or one-on-one format
- You can expect :
  - A pre-assessment based on the 7 aspects of wellbeing
  - Meetings focused on you and your wellness goals through guided conversations with your coach
  - A wellness coach who honors you as the expert about your needs
  - A positive, inclusive, safe, and health-promoting environment
  - A place to learn, grow, and feel respected



Questions?



# Pause

Mindfulness Practice

# THANK YOU

For more information:

<https://recwell.wisc.edu/wellnesscoaching/>

Email Lee at [ljweintraub@wisc.edu](mailto:ljweintraub@wisc.edu)



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