Guide To Self-Exploration
While Working at STAMP

What is this?
This is a self development plan for students to utilize when brainstorming action items related to their areas of interests or areas of improvement (which they should have identified within their GROW conversations).

By the end of this academic year, due to my participation in STAMP GROW, I will take action in the below leadership opportunities:

CUSTOMER SERVICE:
At the end of their first semester employed at STAMP, 85% of student employees will be able to routinely provide service that is positive, interpersonal, informative, professional, and solution-oriented.

Awareness
___ Attend a Customer Service session during August Student Employee Orientation.
___ Complete the required qualtrics online STAMP training (4 modules)

Exploration
___ Watch Customer Service Foundations Lynda online training
___ Watch Customer Service: Winning Back a Lost Customer Lynda online training

Transition
___ Watch Customer Service in the Field Lynda online training

SELF AWARENESS:
By working in STAMP, 85% of student employees will be able to articulate their strengths and opportunities related to personal and professional development.

Awareness
___ Attend a free Health Center meditation session
___ Register for an Art and Learning Center course
___ Participate in the Maryland Leadership Summit
___ Attend a STAMP GROW Continued Development Series session

Exploration
___ Consider utilizing some self help apps
___ Schedule an appointment with the University Health Center Nutrition coach
___ Sign up for the Terrapin Leadership Intro Track
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Experience
___ Watch Managing Stress
___ Consider participating in 16 Personalities, or purchasing CliftonStrengths (book) or Myers-Briggs Type Indicator®

Transition
___ Register for a Leadership Studies Program course
___ Register and attend one of the several Maryland Leadership Conferences

PROBLEM SOLVING/CRITICAL THINKING:
85% of STAMP student employees will be able to think critically by identifying problems, considering a variety of solutions, and determining the best course of action.

Awareness
___ Register for one of LCSL’s Summer Leadership Series, including LeaderShape Catalyst

Exploration
___ Register for the Terrapin Leadership Institute five week long leadership program
___ Learn about Design Thinking principles through AIE's online modules and in person workshops

Experience
___ Watch “Learning to Be Assertive”
___ Participate in the Maryland Leadership Conference

Transition
___ Participate in Maryland Leadership Advance

DIVERSITY/GLOBAL CITIZENSHIP:
By being employed in STAMP, 85% of student employee members will show an appreciation for diversity by displaying mutual respect and considering the experiences of others.

Awareness
___ Watch a Kognito interactive video (topics: supporting at-risk, LGBT, & veteran students)
___ Attend a Rainbow Terrapin Network Training or Webinar
___ Watch TED Talk: Danger of a Single Story

Exploration
___ Apply for the MOSAIC Diversity and Leadership Retreat
___ Attend the Voices for Social Change lecture Series
Experience
___ Participate in a seven-week Words of Engagement Intergroup Dialogue Program (WEIDP)
___ Find a volunteer opportunity with the local community service office

Transition
___ Take a TOTUS spoken word class through MICA

CAREER EXPLORATION:
By working in STAMP, 85% of student employees will be able to identify how work within STAMP is transferable to potential career paths in which they are interested.

Awareness
___ Complete a personality/career assessment, such as FOCUS 2, to see how your interests relate to your career path
___ Develop a resume and cover letter and have them critiqued by the Career Center
___ Attend the STAMP Employee Alumni Engagement Panel & Networking Event

Exploration
___ Update your resume and cover letter and have them critiqued by the Career Center
___ Sign up for a mock interview
___ Register for Careers4Terps and take advantage of internships, summer employment, and volunteer work.
___ Register for PSYC 123: The Psychology of Getting Hired

Experience
___ Attend the career fair or interview with employees through the On-Campus Interviewing (OCI) Program
___ Register for EDCP 108i: Academic Transitions to Internships

Transition
___ Strategize your upcoming job search with a Career Center staff member
___ Utilize search agents in Careers4Terps to receive alerts and apply for employment
___ Present your qualifications to employers attending Career & Internship Fairs
___ (For potential Grad Students) Have your personal statement critiqued for graduate or professional school applications with the Career Center
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My goals for this year are:

1. 
2. 
3. 

My strengths are:

1. 
2. 
3.
# Guide To Self-Exploration

## While Working at STAMP, continued

### Leadership competencies I would like to grow in:

- Advocacy
- Analysis
- Collaboration
- Confidence
- Conflict Negotiation
- Decision Making
- Diversity
- Ethics
- Facilitation
- Functioning Independently
- Goal Setting
- Group Development
- Inclusion
- Listening
- Mentoring
- Nonverbal
- Communication
- Organization
- Planning
- Positive Attitude
- Problem Solving
- Receiving Feedback
- Providing Feedback
- Reflection and Application
- Self-Awareness
- Service
- Social Responsibility
- Supervision
- Verbal Communication
- Writing

### Types of learning opportunities that interest me:

- Webinars
- **GROW** Continued Development Series
- 1:1 Instruction
- Readings
- Academic Classes
- Mentoring
- Round tables
- Feedback
- STAMP Retreats
- Writing
- Reflection
- Shadowing
- Co-Curricular Experiences
- Service-Learning