

# 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

# Guide To Self-Exploration While Working at STAMP, continued

## 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

# Guide To Self-Exploration While Working at STAMP, continued

## 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

# Guide To Self-Exploration While Working at STAMP, continued

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:

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

## Types of learning opportunities that interest me:

- |  |   |   |
|--|---|---|
| <input type="checkbox"/> Webinars                                    | <input type="checkbox"/> Mentoring      | <input type="checkbox"/> Shadowing                    |
| <input type="checkbox"/> <b>GROW</b> Continued<br>Development Series | <input type="checkbox"/> Round tables   | <input type="checkbox"/> Co-Curricular<br>Experiences |
| <input type="checkbox"/> 1:1 Instruction                             | <input type="checkbox"/> Feedback       | <input type="checkbox"/> Service-Learning             |
| <input type="checkbox"/> Readings                                    | <input type="checkbox"/> STAMP Retreats |   |
| <input type="checkbox"/> Academic Classes                            | <input type="checkbox"/> Writing        |   |
|  | <input type="checkbox"/> Reflection     |   |