

## Why Your Work Matters



1

## Career History

1. Family History
2. Learning
  - A. Academic
  - B. Experiential
3. Circumstances
4. Values and Ideals



2

## Your Career

### 1. A TRADE?

A job, esp. a craft requiring skill; an industry or business.



3

## Your Career

### 2. A PROFESSION?

Work requiring special and long-term training which affects the person's character such as law, ministry, or medicine.



4

## Your Career

### 3. A VOCATION?

A special urge to a particular calling; a specialized profession fulfilling one's personal character. -



5

## Kinds of Learning

### KNOWLEDGE

- Facts
- Information
- Definitions
- Multiplication tables
- Biographies

### TEACHING THE MIND

6

## Kinds of Learning

### KNOWLEDGE-

- Facts
- Information
- Definitions
- Multiplication tables
- Biographies

### TEACHING THE MIND

### CAPACITIES, VIRTUES, FORMATION, CHARACTER- EDUCATION

-Experiences

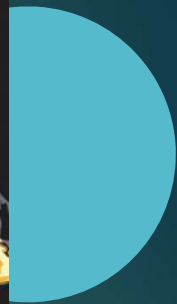
### TEACHING THE HEART



7

## NEEDED TO BE STRONG

1. Significance
2. Competence
3. Power
4. Virtue



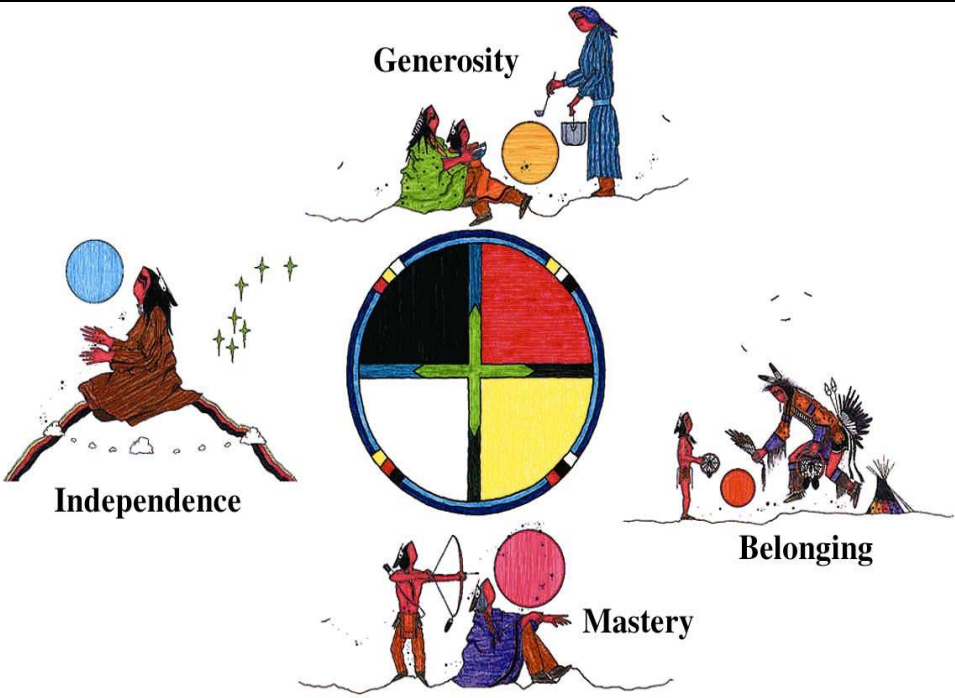
8



## SPIRITUAL STRENGTH

- Generosity - Wolf
- Independence - Eagle
- Mastery - Raven
- Belonging – Killer Whale

9



**Generosity**

**Independence**

**Belonging**

**Mastery**

10

Choosing your career



11

ACE Questionnaire



12

## ACE Questionnaire 1.

1. Did a parent or other adult often swear at you, insult you, humiliate you or make you afraid of being physically hurt?

13

## ACE Questionnaire 2.

2. Did a parent or other adult often push, grab, slap, throw something at you, or hit you hard enough to leave a mark or injure you?

14

### ACE Questionnaire 3.

3. Did anyone, five years older than you, touch, fondle, have you touch them in a sexual way or try to have oral, anal, or vaginal sex with you.

15

### ACE Questionnaire 4.

4. Did you often feel that no one in your family loved you, thought you were important or special? Did your family not look after one another, feel close to, or support one another.

16

## ACE Questionnaire 5.

5. Did you often feel that you didn't have enough to eat, clean clothes to wear, or anyone to protect you?

17

## ACE Questionnaire 6.

6. Were your parents ever separated or divorced?

18

## ACE Questionnaire 7.

7. Was your mother or stepmother often pushed, grabbed, slapped, or had something thrown at her? Was she ever hit several times in a few minutes or threatened with a gun or knife?

19

## ACE Questionnaire 8.

8. Did you ever live with someone who was a problem drinker, or alcoholic, or used street drugs?

20

## ACE Questionnaire 9.

9. Was a household member depressed, mentally ill, or attempt suicide?

21

## ACE Questionnaire 10.

10. Did a household member go to prison or jail?

22



Add total number of yes  
answers for your ACE score.

23

## Intergenerational Trauma

- ▶ A cumulative
- ▶ emotional, psychological, social, and spiritual wounding
- ▶ over the life-span and across generations
- ▶ resulting from massive group trauma.

-Dr. Maria Brave Heart

24

## A Heart Cosmos is Human Centered



25

### THE WEST

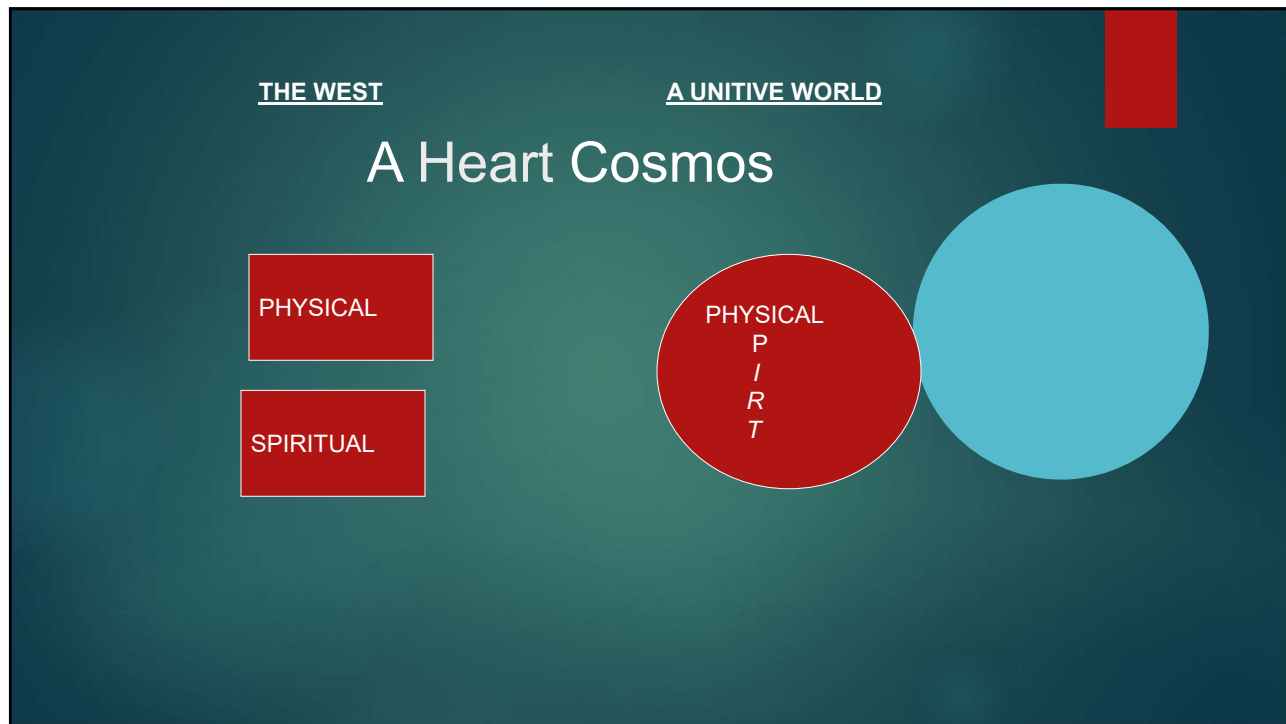
## A Heart Cosmos

PHYSICAL

▪

SPIRITUAL

26



27



28



## 1. Narrative

29



## 2. Personal

30



### 3. Relational

31



### 4. EXPERIENTIAL

32



## 5. Communal

33



## 6. Interdependent

34



7. Hopeful-

35



Your vocation matters.  
You matter!

36