

Tips & Mindsets for the College-to-Career Journey



Setting out from the college campus on one's career journey is for some both anxiety-producing and exciting. Finding a job, learning how to manage finances, building friendships and community, finding a mentor, cultivating a vibrant relationship with God, figuring out how to live out your faith at work and in culture, and trying to find a work-life balance can all seem overwhelming.

The reality is that for most, there really will be times of difficulty, uncertainty, loneliness, questioning and frustration.

The good news is that it is *absolutely possible* to thrive in that journey, even in the difficulty- or perhaps because of it.

Here are some tips and mindsets to help you thrive in the campus-to-career transition and throughout your 20s. Read, reflect on the

noted scriptures, then ask God, "What do you have for me from this?" Listen and write down what comes to your heart and mind.

MINDSET MATTERS

Cultivate your identity, relationship, worldview and contentment in God. Your perspective about God and yourself really does influence how you adjust. Take time each day to listen to Jesus. 1 Peter 2:9; Romans 12:2; Ephesians 2:10,19; 2 Corinthians 5:17-21, 9:8; 1 John 3:1; Zephaniah 3:17

Hopefulness. God is good, faithful and sovereign. It's going to be ok. Hebrews 6:19, 10:23; Jeremiah 29:11; 1 Peter 1:13, 5:10

Manage expectations. Transitions can prompt a cycle of normal emotions. Expect that things will likely not work out the exact way that you envisioned and that emotions of disappointment, loneliness and frustration may be part of the journey. But also maintain hope that God will indeed get you through. Romans 8:25; Psalm 62:5; Proverbs 11:23

Nix the Shame Game. Don't compare yourself to how the transition is going for everyone else. 2 Corinthians 10:12; Galatians 6:4

Purposefulness. Be intentional and take ownership for putting in place what you need during the journey, including finding friends, finding a church community, managing a budget and choosing mentors. "Start small, decide what you will do, and be faithful to your commitment." When you mess up, receive grace and keep going. Erica Young-Reitz. Philippians 4:6-7; Proverbs 13:4, 21:5; Proverbs 24:27-34

Patience with others, your plans, yourself and God. Expect things to take time. It's okay to fail, to pay dues and to allow God to grow you "slowly" and purposefully. Think crockpot meal, not microwave dinner. James 5:11; Proverbs 14:29; Romans 12:12; Galatians 6:9; Lamentations 3:25-28

Presence. "Choose to be present- listening to others, slowing down, taking breaks from technology, and in your transitional time. Fully embrace the in-between campus to career time. Put down your roots, even if it isn't where you ultimately want to be. Allow God to work in your life during a time that may feel awkward, directionless or distressing." Erica Young-

Reitz. Psalm 27:14, 37:7; Ephesians 4:2-3; Hebrews 2:1; Proverbs 4:1, 15:31, 18:13, 19:20; Philippians 2:4; 1 John 3:17-18; Galatians 6:2

COMMUNITY IS KEY

Finding a mentor... Cultivate meaningful, intergenerational relationships. Marketplace ministries, church, Christian associations, campus ministry alumni organizations, Christian college alumni associations, mentoring organizations and referrals from friends are all potential places to look for mentors. Psalm 145:4; Proverbs 13:20

Church Community. If you know where you will be geographically upon graduation, plug into a church community, and serve. Engage in countercultural Mission to curb entitlement and self-centered tendencies. Prepare to serve within a church as quickly as possible- you'll develop relationships faster and be less self-absorbed with the difficult transition. Ephesians 3:2; Jeremiah 29:1-11.

Core Travel Companions. How you see the world will influence how feel, so your worldview matters. Cultivate a core group of friends who "spur one another on toward love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another..." Choose your core community from those who are going in the direction that you want to go. Heb. 10:24-25; Proverbs 17:17; Ecclesiastes 4:9-12

Hospitality Practice hospitality. It's a good way to get to know people better and develop community. 1 Peter 4:9; Titus 1:8

THE RIGHT WORK

Competence and Character. Work on the right things at work. Character and competency, in that order. Employers say that character development is the number one need of young professionals. Commit to reading the book of Proverbs and applying what you discover. Psalm 78:72; Romans 5:3-5; Philippians 4:8; Colossians 3:23-24

Healthy Habits. Practice healthy spiritual and physical habits. Personally experience intimacy with Jesus, forming a resilient identity. Develop cultural discernment. Colossians 3:12-14; Psalm 1:1-4; 2 Timothy 3:16; Psalm 100:2-4; Romans 12:11; Psalm 91:1-5; 1 Corinthians 9:27, 10:31

Restore and Solidify Foundations. Your 20s are a good time to get healing and deal with any baggage in your life that hasn't been resolved. It will minimize the pain to yourself and others as you develop relationships. When you are a leader, there's also an amplification affect. Romans 12:2; Psalm 147:3; John 8:32; Psalm 30:2; 1 John 1:9; James 5:16

Networks. Always be networking. It's how you will discover mentors, travel companions, job opportunities.

SOURCES & RESOURCES

- *Life After College* by Erica Reitz
- 10 Character Traits Employers Want in an Employee (and that also benefit entrepreneurs.)
- 5 Soft Skill Competencies that Open Opportunities
- Finding a Church...A Game Plan and 8 Questions
- Campus-to-Career Journey "Pack and Prep" List
- 6 Tips for Finding a Mentor
- 10 Best Financial Management Best Practices for Young Professionals

IF YOU WANT TO...

- plug into a Christian Young Professionals online community.
- get matched with a mentor.
- receive one of the above topical Tips Sheets
- talk to the author, John Scroggins, about these Tips & Mindsets



...then contact Baton Exchange
<https://thebatonexchange.org/sign-up/>

Or text 614.554.6608