

TSU P.A.W. PLAN

(P)rofessional. (A)cademic. (W)ellness.

Name:	
Student T#:	
Advisor Name:	
Academic Major:	
Academic Major Advisor:	
Intended Career/Job Title:	
Academic Minor if applicable:	

Part I: Focus2Career Self-Assessment Summary Report

Complete the 8 mini assessments in your Focus2Career profile and share the results in the section below. Then complete the short answer question for each section. All short answer questions must be at least 2 sentences long.

Career Planning Foundations (4 points)

My Career Planning Involvement		
Self-Assessment Score	Career Exploration	Career Planning Satisfaction
Do you believe these scores match where you are currently with your career planning? Why or why not?		

My Academic Strengths Results	
List 2 results under "I do very well" in the following:	1. 2.
List 2 results under "I do alright" in the following:	1. 2.
List 2 results under "I don't do well" in the following:	1. 2.
How may these results inform your choosing of an academic major or minor? What actions can you take to explore these academic strengths further?	

Self-Assessment (10 points)

Work Interest Assessment	
First Three Work Interest Areas (In Order)	1. 2.

	3.
2 Occupations Listed Under Matching Your Results	1. 2.
How do you feel about the results of your Work Interest Assessment. Did it reflect who you think you are? Did it surprise you? Do you agree or disagree?	

Personality Assessment	
List the personality traits on the second results page	1. 2. 3. 4. 5.
2 Occupations Listed Under Matching Your Results	1. 2.
How do you think these personality traits will help assist you in your career?	

Leisure Assessment	
First 3 Skills (In Order)	1. 2. 3.
2 Occupations Listed Under Matching Your Results	1. 2.
How can you utilize your leisure skills in your career field?	

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Values Assessment	
First 3 Skills (In Order)	1. 2. 3.
2 Occupations Listed Under Matching Your Results	1. 2.
Consider your top 3 values from the Values assessment from page 1. Do these work values match what you believe your work values are? Why or why not?	

Skills Assessment	
First Three Skills Listed	1. 2. 3.
2 Occupations Listed Under Occupations that Match all 3 Skills	1. 2.
What career choices do you think might allow you to live in a way that aligns with your values?	

Combined Results from All Assessments (1 point)

Explore Occupation Results	
Top Occupations Suggested	1. 2.

What occupations show up in 4-5 of the assessments? (if needed, use the top occupation that shows up in 3 of the assessments)	
Majors Related to Occupation #1	
Majors Related to Occupation #2	

Part II: Goal Development (10 points)

Short-Term Goals: List three short-term goals to be completed this academic year for yourself. Remember that SMART goals are Specific, Measurable, Achievable, Relevant, and Time-Bound. (5 points)

Long-Term Goals: Based on your vision of where you want to be after graduation, list three long-term goals (within 5 years). Structure these also as SMART goals. (5 points)

Part III: Curricular Planning (10 points)

Degree Works is the University's academic planning tool that provides students and advisors with an overview of remaining courses and credit hours required for degree completion.

1. According to Degree Works, how many course hours do you need to take for your general education courses? _____ (2 points)
2. How many hours do you need to complete your major courses? _____ (2 points)
3. What is your projected graduation year? _____ (2 points)
4. How many elective hours are required for your major? _____ (2 points)
5. Does your major have a required internship, field placement, or senior project? _____ (2 points)

Part IV: Co-Curricular Activities (10 points)

Co-Curricular activities are any event or experience that happens outside of class time that will enhance your academics. This includes participating in student organizations, leadership development, internships, job shadowing, career development/exploration, student leadership positions, and attending film screenings, productions, or presentations.

1. What TSU co-curricular activities have you participated in this semester? (4 points)

2. How do these co-curricular activities relate to your major or ultimate career goals? (3 points)

3. What co-curricular activities do you plan to engage in here at TSU? (3 points)

Part V: Service-Learning Experience (5 points)

Service Learning is a form of education through community service activities and reflection to gain deeper understanding of yourself and the community.

1. How many hours of service did you complete for UNIV 1000/HONR 1002? _____ (1 point)

2. Why did you choose your service project/location? (2 points)

3. What is something you learned about your community through the service project? (2 points)

TSU P.A.W Plan Rubric

50 Points Total

PAW Plan Rubric

Focus2 Career Planning Foundation Surveys, Self-Assessments, and Combined Results (15 points total)

Section	Completed	Partially Completed	Started	Not Completed
Career Planning Foundations: My Career Planning Involvement and My Academic Strengths	<input type="checkbox"/> 4 points	<input type="checkbox"/> 3 points	<input type="checkbox"/> 2 Points	<input type="checkbox"/> 0 Points
Self-Assessment: Work interests, Personality, Leisure Interests, Values, and Skills	<input type="checkbox"/> 10 points	<input type="checkbox"/> 8 points	<input type="checkbox"/> 6 Points	<input type="checkbox"/> 0 Points
Combined Results from all Assessments	<input type="checkbox"/> 1 points	<input type="checkbox"/> 0 points	<input type="checkbox"/> 0 Points	<input type="checkbox"/> 0 Points

Grading Criteria for sections combined: Goal Development, Curricular Planning, Co-curricular Planning, Service (35 points total)

<u>Criterion</u>	<u>Proficient</u>	<u>Meets Expectations</u>	<u>Needs Improvement</u>	<u>Beginning or Not Evident</u>
Goal Development	<input type="checkbox"/> 10 points The PAW plan presents clearly defined short-term and long-term goals. Identified goals are supported by thorough career research and exploration and by an	<input type="checkbox"/> 8 points The PAW plan presents short-term and long-term goals supported by career research and a clear articulation of personal interests, values, and/or strengths.	<input type="checkbox"/> 6 points The PAW plan presents goals, career information, and a statement of personal interests, values, and/or strengths. The plan may require more precise definition of goals and/or evidence of	<input type="checkbox"/> 1 point The PAW plan does not present goals supported by career research and a statement of personal interests, values, and strengths.

	assessment of personal interests, values, and strengths.		thorough career research and personal reflection.	
Curricular Planning	<p>☐ 10 Points</p> <p>The PAW plan includes a complete curriculum plan. The curriculum plan presents an achievable timeline for program completion and reflects an informed selection of appropriately sequenced courses based on defined educational goals. Current course enrollment and registration are consistent with the curriculum plan.</p>	<p>☐ 8 Points</p> <p>The PAW plan includes a complete curriculum plan. The curriculum plan presents a timeline and appropriate sequence of courses for program completion. Current course enrollment and registration are consistent with the curriculum plan.</p>	<p>☐ 6 Points</p> <p>The PAW plan includes a curriculum plan, but the timeline and/or sequence of courses presented may not reflect a sufficiently informed understanding of the curriculum. The plan may require significant revision to be achievable and/or to support defined educational goals. Current course enrollment and registration may not be consistent with the curriculum plan.</p>	<p>☐ 1 Point</p> <p>The PAW plan does not include a complete curriculum plan supporting defined educational goals.</p>
Co-Curricular Planning	<p>☐ 10 Points</p> <p>The PAW plan includes engagement in co-curricular opportunities and expressly relates these to defined educational goals. Selected co-curricular opportunities support and integrate with the student's curriculum plan, and the planned commitment level is appropriate. Current co-</p>	<p>☐ 5 Points</p> <p>The PAW plan includes engagement in co-curricular opportunities that support defined educational goals. Selected co-curricular activities and planned level of co-curricular commitment are appropriate for the student's curriculum. Current co-curricular engagement is consistent with the plan</p>	<p>☐ 3 Points</p> <p>The PAW plan includes planned co-curricular engagement but needs to relate selected co-curricular activities more directly to defined educational goals and the student's curriculum. Current co-curricular engagement may not be consistent with the plan.</p>	<p>☐ 1 Point</p> <p>The PAW plan does not include co-curricular engagement supporting defined educational goals.</p>

	curricular engagement is consistent with the plan.			
Service Experience	<input type="checkbox"/> 5 Points Number of hours of service entered and two well written complete sentences responding to both writing prompts.	<input type="checkbox"/> 4 Points Number of service hours entered and two complete sentences responding to both writing prompts.	<input type="checkbox"/> 2 Points No service hours entered with some written response to both prompts.	<input type="checkbox"/> 0 Point No response.

Grade: _____ / 50